



Forgiving Others and Inner Healing Retreat

**Wednesday, March 26, 2025
9:00 a.m. – 3:00 p.m.**

Facilitator: Sister Emily Vincent, IHM

**Location: IHM Spirituality Center,
210 IHM Drive, Malvern, PA 19355**

This Lent, we will focus on one of Jesus' strongest mandates: forgiving others. Although this can be hard to do, we will discuss practical steps to guide you through the process. We will also learn what forgiveness is and what it is not. Even when we do forgive others, there can be painful memories that resurface. Learn how to achieve peace of mind and how to replace negative thought chatter with God's affirming words of love. The day includes morning hospitality, two conferences, Mass, the opportunity for the Sacrament of Reconciliation, quiet prayer time, and lunch.

Cost: \$40.00

Reservation Deadline: Monday, March 17, 2025 (limit 36 participants)

Questions: Contact Sister Anne Marie at ihmspcenter@gmail.com or 610-647-4136.

To Register: Please return the bottom portion of this flyer with a payment of \$40.00 (cash or check payable to "IHM Spirituality Center") and mail to: IHM Spirituality Center, 210 IHM Drive, Malvern, PA 19355.

Forgiving Others and Inner Healing Retreat

Name: _____

Full Address: _____

Phone Number: _____

Email address: _____

Dietary Restrictions: _____

Deadline: Monday, March 17, 2025

Limit 36 Participants