

2018 - 2019

Half Days of Reflection

Stepping Out of our Minds into the HEART of GOD



This morning of reflection will be an opportunity to spend some contemplative time reflecting on our own life experience to more deeply understand how God meets us there. Life is the starting point and endpoint of contemplative prayer. St. Francis of Assisi did not run from the world in order to escape to God but sought God in the world, finding God present in all peoples and things. This time will invite us to be more mindful of how God is present with us in all of the experiences of our lives. We will be invited to step out of our minds, to let go of what prevents us from stepping into the heart of God.

Presenter:



Sister Lynn Lavin, OSF is a Sister of St. Francis of Philadelphia with a doctoral degree in Pastoral Counseling from Loyola University of Maryland. She also has an MA in Formative Spirituality from Duquesne University in Pittsburgh, PA. Presently, Sr. Lynn is a licensed therapist in private practice in Lumen Counseling and Consulting Services in Wilmington, DE, ministering in individual counseling, group process and planning, spiritual direction, and consulting for religious congregations. She offers programs integrating spiritual and psychological themes as well as spirituality programs and retreats.

9:00 AM - 2:00 PM

October 9, 2018 or January 8, 2019

in

Our Lady of Angels Convent

**RSVP to mccarthy@neumann.edu
at least two weeks in advance.**