



Mount Carmel Spirituality Centre

1225 Township Road 535
Parkland County, Alberta T7Y 0H5

...run by the Discalced Carmelite Order, OCD
for Canadian Carmelite Charitable Society



Everyone is welcome
One-Day

Retreat

August 29th 2020

“Come to me, all you who are weary & burdened, and I will give you rest.”

(Fr. Mario Fernandes, OCD)

Masters Degree in Sociology, Bachelor of Arts and Philosophy, Counselling in Addictions, and CPE (Clinical Pastoral Education).



What is happening in the world is overwhelming; we don't know what's next.

God is calling us to come to Him for all the answers.

Cost: Donation Welcomed

*“Tough times don't last, but tough people do. And I've been through some tough times, and I know a lot of people can recall tough times, and maybe are going through some tough times right now, but they don't last.”
— Alonzo Mourning*

10:30am Introduction

11:00 to 11:30 quiet time

11:40 to 12:40 “What's happening? I'm on the verge of giving up.”

12:40 to 1:40 Lunch (Please bring your own)

1:45 to 2:45 “Cast your burdens unto Jesus”

3:00 Divine Mercy Chaplet

3:20 Confessions

4:00pm Holy Mass

IMPORTANT! (Please remember:

BRING YOUR OWN LUNCH & MASK)



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