



# The Duck

## Lessons in Detachment

*with*  
*Ann Schehr*

**Saturday, April 25th**

**10am-3pm**

**lunch included \$75**

What are you being called to release and let go of?

Is it fear? Control? Negative thinking?

These things can keep us from fully experiencing  
the love God offers us.

In this retreat, we will explore the spiritual  
practice of **Detachment** through **Understanding**,  
**Compassion**, and **Kindness (DUCK)**.

Through guided reflection and shared insight,  
we will see how we can let go and trust more  
deeply, and live with greater peace and freedom.

**Our Lady of Grace Spiritual Center**  
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