

Our Lady of Grace Center

29 Shelter Rock Road · Manhasset, New York · 11030 · Phone: 516.627.9255 · Fax: 516.365.9329 · www.olgretreat.com

A sponsored institution of the Congregation of the Sisters, Servants of the Immaculate Heart of Mary

Winter/Spring Zoom Retreats

with Joan McGovern

Thursdays, 10:30 am to noon

Register online @ olgretreat.com/programs-retreats



CHOICES

February 23, 2023

Through each heartache we experience we are brought closer to who we are meant to be. How do you discern God's plan for you through the choices you make? Are you bringing God into the choices you are making? Recognizing the triggers that prevent you from turning to God, allows you to live in greater freedom.

THE GRACE OF SPIRITUAL DETACHMENT

March 16, 2023

Spiritual detachment is a process that frees us from whatever interferes with our spiritual growth—it helps us avoid disordered inclinations and relationships with persons or things that keep us from God's love. Allow God to join you on your spiritual walk and experience a new sense of comfort as you detach in faith.



ROAD TO EMMAUS

April 20, 2023

"On that day..." the disciples had to get away from the suffering, fear and hopelessness. They took to the road—the Road to Emmaus. Sometimes we need a Road to Emmaus where we can turn to the God of the resurrection for answers. It is on the road where Jesus walks with us in our suffering, fear and hopelessness, helping us to make sense of the things around us.

SPIRITUAL BLINDNESS

May 25, 2023

Spiritual blindness is about being unable to recognize the power of God. Daily distractions blind us to God's truth and to our own need for Him in our lives. Explore how to recognize spiritual distractions along your journey and the ability to allow God's grace to permeate your spirit.



PRESENT MOMENT

June 22, 2023

The key to inner peace is living in the Present Moment and embracing life with compassion for others and ourselves. We will focus on recognizing the freedom of living in the present moment, while releasing the grip of past memories and not waiting in worry of future "what if" scenarios. Come join other faith-filled people as we deepen our relationship with God through a combination of a themed discussion, silent prayer, reflection and sacred sharing.