



Sacred Subtraction

with
Maryanne Juchem

Clearing Space for What Truly Matters

Wednesday, April 29th 2026

9:30am-12:30pm \$50

Spiritual growth is less about accumulating more and more about gently letting go.

Inspired by the wisdom of Richard Rohr, this half-day retreat invites you to explore the power of simplification - shedding what is unnecessary to reconnect with what is essential.

Through guided reflection, group discussion, and quiet prayer, we will begin to release the inner and outer clutter that can weigh down the spirit.

Our Lady of Grace Spiritual Center
29 Shelter Rock Road Manhasset, NY 11030

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