



# Rest & Refresh A Taste of Silence

*with  
Maryanne Tuchem*

Monday, January 26th 9:30am-12:30pm \$50

This is not a silent retreat, but a gentle invitation to step away from the noise of everyday life. Through guided reflection, moments of silent prayer, and intentional pauses, we'll explore our relationship to silence and create space to reconnect with ourselves.

The day concludes with a calming sound bath and silent meditation, offering deep rest and renewal for body, mind and spirit.

Coffee, tea & pastry served/Arrival time 9:30am

Retreat start time 9:45am

To register: 516-627-9255 [www.olgretreat.com](http://www.olgretreat.com)

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

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