

*A Carmelite Spiritual Weekend Retreat
Open to Single Women Ages 18-35*

OCTOBER 11-13, 2024

Discover You

Explore Who You Are and
Engage God's Plan for Your Life.

Discover You is a Metanoia Catholic retreat offering that helps adult Catholics to prayerfully discern and engage three essential questions:

*Who am I?
What's my purpose?
What's in the way?*

For the person seeking to unearth their God-given talents, discern their unique calling, and build resiliency in the spiritual battle, Discover You delivers practical lessons and skills that will leave you with greater peace and clarity to step out in faith towards God's amazing plan for your life.

SESSIONS INCLUDE:

- Unearthing the Gift of Your Temperament (Workshop)
- Discovering Your Unique Call to Sanctity (Workshop)
- How to Co-author Your Best Life with God (Presentation)
- From Triggered to Transformed (Guided Reflection)

There will be opportunities throughout the weekend for 1:1 coaching and spiritual direction.



RETREAT LEADER:

MATT INGOLD

*Catholic Coach and Spiritual Director
Co-Founder of Metanoia Catholic*

HOSTED BY:



**CARMELITE SISTERS
FOR THE AGED AND INFIRM**

REGISTER TODAY!

This is a retreat for single women ages 18-35.

WHEN:

Friday-Sunday, October 11-13, 2024

WHERE:

St. Teresa's Motherhouse
600 Woods Road
Germantown, NY 12526



REGISTRATION:

\$60.00 Donation | To register and get more information, scan the code or visit www.carmelitesisters.com/discover-you

For more information, please contact:

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