With Julie Vieira, IHM, and Lynne Moldenhauer, IHM

Wednesdays, March 4-25, 2020
6:30–8 p.m.
Maxis Center
17380 Grange Rd.
Riverview, MI 48193

Does it spark joy? This question may be very familiar today in popular culture as people seek to declutter their closets and cabinets. But simplifying and living mindfully both in our homes and in our inner lives is essential to spirituality and faith. Lent is a wonderful season of the year to look with God at our lives and to see what truly sparks joy and what can be let go so that we can live more freely. This transformation invites us then to be a spark of joy, healing and peace for others.

Julie Vieira, IHM, MA, is a writer, presenter, and spiritual guide. She holds a Master of Arts in Theology from St. Michael’s College at the University of Toronto and is the program director for the IHM Spirituality Centers. She is particularly attentive to living the darkness and light — the poetry and rough prose — of everyday life with mindfulness and passion.

Lynne Moldenhauer, IHM, serves as the coordinator for the Maxis IHM Spirituality Center in Riverview. She holds degrees in religious studies and psychology from Marygrove College in Detroit and is certified in Retreat Direction by the Shalem Institute. Her areas of interest are prayer, spirituality and retreat direction. She is particularly interested in the work of Thomas Berry – especially his belief that the work of our time is to reinvent the human – and in exploring Louis Savory’s work on the Spiritual Exercises in the spirit of Pierre Teilhard de Chardin.

Registration Deadline: Feb. 26
Suggested Offering: $40
To register, call 734-250-8314 or email maxiscenetr@ihmsisters.org.

Lent: How Simplifying Can Lead to Transformation