A Four-Week Series with Judith Bonini, IHM, and Julie Vieira, IHM

Thursdays, June 4-25, 2020
6:30–8 p.m.

River House – IHM Spirituality Center
805 W. Elm Ave.
Monroe, Mich.

Mindfulness is a way of being aware of and awake to the present moment so that we can live compassionately and with acceptance. It is a way to cultivate peace and spaciousness, even when faced with the challenges of life. Throughout the sessions we will practice techniques and apply our learnings to everyday life including how mindfulness can be a form of healing in our communities and world.

Sisters Julie and Judith minister for the IHM Spirituality Centers. Together, they bring passion and compassion for accompanying others in their spiritual quest, open always to finding God in new and surprising ways.

Registration Deadline: June 1
Suggested Offering: $40

To register, contact River House – IHM Spirituality Center at riverhouse@ihmsisters.org or 734-240-5494.

Reasonably-priced overnight accommodations are available at River House and other nearby locations. Ask for assistance when registering. Please note that River House is accessible only by stairs.