Join us from your home for a day of reflection. This is a gift to ourselves – a moment to welcome *slowing down* within a context larger than “quarantined” or “staying at home.” Together we will look at how the mystery of joy emerges even in times of struggle, transition and fear. We will walk with Mary of Nazareth through her encounters of the mystery of joy and reflect on our own lives to honor and affirm the movement of God within us. The day includes time for prayer and input as well as quiet time “offline” for your own personal reflection. We will have a chat room for sharing for those who wish to offer a question or a comment.

*Lynne Moldenhauer, IHM,* serves as the coordinator for the Maxis IHM Spirituality Center in Riverview, Mich. She is degreed 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 and Louis Savory.

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

**Registration**
This day of reflection is free and open to everyone, but we ask that you register by noon on May 29, so that we can send you the link to join the online program and the handouts. To register, call 734-250-8314 or email maxiscenter@ihmsisters.org.