Join us online for a day of mindfulness in which we reflect on the Sacred Universe and how we are each an expression of it. During our time together we will explore God’s presence in and through the Sacred Universe and God’s call to us to participate in its ever-evolving complexity, creativity, healing and unity. We will be introduced to and practice mindfulness and conscious breathing as a way to connect together on behalf of our planet and the Sacred Universe. There will also be time for “offline” reflection and breaks.

Esther Kennedy, OP, is a Dominican Sister of Adrian, Mich. Over the years she has been lured by “a sense of the sacred.” In the late ’80s, she came upon the teaching and writings of the monk Bede Griffiths, OSB Cam., through which she began her encounter with the riches of Eastern spirituality, both Hinduism and Buddhism. Today, she is inspired by the growing integration between science, religion and spirituality. She is a spiritual director, enjoys music, plays the flute and loves to dance.

Saturday, Oct. 24, 2020
9:30 a.m.–5 p.m.
WEBINAR

Registration Deadline: Oct. 20, 2020
Suggested Offering: $30

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