



# Rooted in Presence: Bringing Body, Mind and Soul into Contemplative Stillness

Julie Vieira, IHM, MA  
Saturday, March 14, 2026, 9:30am-12:30pm  
Suggested Offering: \$25

Artwork: "gesture of being held" by Jenny Siegel, watercolor on paper (used with permission of the artist; jennysiegel.com)

Presence is an abundant word that calls us to be here and now with our whole self; however, we are in the moment. Sometimes the here and now of our lives is messy, unpredictable, exhausting and even unbearable. No matter what the moment brings, we can meet it with our full presence.

This morning is a contemplative space in which to rest, listen, behold and be held. Our time will include prayer, input, and the opportunity for personal reflection. Along the way, you will find ideas and practices that can guide you along your own journey.



**Julie Vieira, IHM, MA**, (she/her) is a writer, presenter, and thinker in spirituality with particular attentiveness to living the darkness and light — the poetry and rough prose — of everyday life. She holds a Master of Arts in Theology from St. Michael's College at the University of Toronto. She serves as a volunteer crisis counselor for LGBTQ+ youth and as a consultant in the unfolding of religious life and of mission. Visit [julievieira.org](http://julievieira.org).

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## Visitation Spirituality Center

Rooted in Presence

Saturday, March 14, 2026

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

*We are a place of welcome  
for all who seek quiet space,  
spiritual companionship  
or opportunity or spiritual growth.*

