



You are cordially invited to a

*Day of Reflection*

*Sowers of Hope*

**Saturday, September 20, 2025  
10:00 AM to 2:00 PM**



**Kintore College and Cultural Centre  
75 Charles St. West, Toronto, ON**

The spiritual activities at Kintore College and Cultural Centre  
are entrusted to Opus Dei,  
a Prelature of the Catholic Church.

Email: [registration@pev.ca](mailto:registration@pev.ca) by  
September 14 to confirm your  
attendance.

- Lunch is included. Please let us know of any dietary restrictions.
- \$40 is suggested to defray the cost of the luncheon and facility.
- Cash or cheque will be accepted at the front desk, *Or*
- E-transfer via [seminarfund@pev.ca](mailto:seminarfund@pev.ca)
- **(please include "Day of Reflection" in the message box)**
- Public parking is available within the vicinity

Contact Karen Nivet at:  
[knivet@rogers.com](mailto:knivet@rogers.com)  
or Marites Gaa: 647 459 1444 for any  
further questions

## Schedule of Activities

- 10:00 Welcome/Coffee\*\*
- 10:30 Meditation
- 11:10 Brief Examination of  
Conscience/Spiritual Reading\*\*
- 11:30 Holy Mass
- 12:20 Talk
- 1:00 Lunch

**\*\*An opportunity for Confession/Spiritual  
Direction will be available  
during this time.**