



You are cordially invited to a

Day of Reflection

"Embracing Life with Hope and Resilience"

Thursday, November 17, 2022

10 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 by
November 10 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 & facility.
 - Cash or cheque will be accepted at the front desk, **Or**
 - E-transfer via accounting@pev.ca (**please include "Day of Reflection" in the message box**)
 - Public parking is available within the vicinity
 - Contact Karen Nivet 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.

