

**August 11 – 17, 2023 – Sisters Guided Retreat**

## **The Grace of Resilience**

Mary Pat Garvin, RSM, Ph.D.

Resilience is a grace...a gift of the Spirit that blesses our lives with insight and provides opportunities for deepening our relationship with ourselves, others, and God! Resilience is also part of the bedrock of well-being throughout our lives. Well-being is characterized by adequate good health, social connectiveness, and continued engagement in the world around us. This guided retreat will explore the role spirituality plays in promoting and sustaining our resilience and well-being throughout our lifespan.

Retreat days will include time for individual and communal prayer, shared conversation, and guided reflections on the grace of resilience. The daily flow of the retreat will consist of a morning gathering, afternoons available for prayer and reflection, and a “gathering of the graces” prior to the evening meal. Opportunities for daily Liturgy of the Eucharist, the Sacrament of Reconciliation, and Exposition will also be available.

**About the Presenter:** **Mary Pat Garvin, RSM** is a Sister of Mercy of the Americas. She is a life-long educator having ministered in elementary and secondary schools, as well as in higher education. Other ministerial experiences have included congregational leadership and work as a psychotherapist with women and men Religious. Mary Pat has provided conferences and retreats both nationally and internationally. Integral to Mary Pat’s ministry is the interplay of spirituality and psychology in promoting a healthy and holy living of Religious Life.

