

# NOURISH YOUR DEEPEST SELF

## Interior Pilgrimage of Integration for Women

Hosted by Marian Mentorship and Integration Pilgrimages

**FRIDAY, MARCH 28TH**

6pm-9pm



**SATURDAY, MARCH 29TH**

9am-5pm

## Join us on an inward journey to wholeness!

Inspired by the Catholic Psych Institute's Model of Applied Personalism

### ENVISION

A Lenten retreat that engages our spirituality while integrating the psychological and emotional aspects of our femininity.

### EXPLORE

Talks illustrating how our human formation influences union with God. Catholic mindfulness to invite Christ's mercy into our inmost self. Sharing our common stories in a trusted space.

### EMBRACE

Adoration of the Blessed Sacrament, Stations, Mass and Confession. Includes Friday dinner and reception, Saturday breakfast and lunch. Concludes with a champagne social immediately following the Vigil Mass.



SCAN THE QR  
CODE TO  
REGISTER

ST. PIUS X CHURCH  
834 BROOKSIDE DRIVE  
FAIRFIELD, CT

For more information contact  
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