

# Villa Maria del Mar Retreat Center

*A Gift by the Sea*

## *Contemplative Awareness: Awakening to Mindfulness*



Sr. Molly Neville SNJM  
Presenter

***Come apart and rest  
awhile in the  
scenic beauty of  
Villa Maria del Mar!***

February 20th, 2019

Wednesday 9:30am — 3:00pm

Cost: \$50.00 includes lunch

Contemplation is about awakening to life, radical amazement, experiencing the Presence of God and God's love within us and all creation and sharing these joys with others. Included: presentations, time for quiet contemplation, lectio divina prayer experience, practice of mindfulness and group sharing Spiritual Accompaniment is available for those who wish to deepen their spiritual journey.

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*Presenters: Sr. Molly Neville SNJM, Villa Spirituality Program Coordinator, Spiritual Director, Retreat Facilitator  
Stephanie Friedrich SNJMA, Lectio Divina Teacher Retreat Guide, Prayer leader*

**Contact us today for your reservation!**

**Villa Maria del Mar 831-475-1236**

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