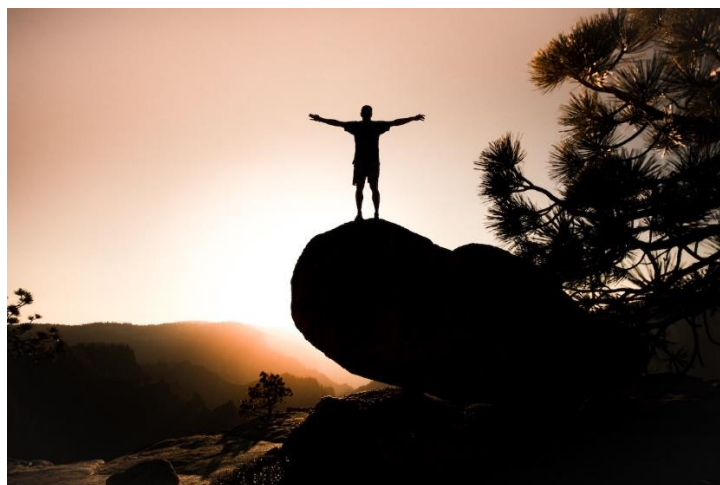


HOW TO BE FREE



A Morning Retreat on ZOOM

9:00 AM – 1:00 PM, Saturday, September 10

We are chained to negative thinking, insecurities, expectations, our need for things to go our way. We are trapped by what others think of us, by our own hurts and upsets.

Jesus offers us a way to be free, free from our circumstances, from our rigid psychological habits, from resistance to life, and so free for bliss.

We will explore the way to freedom, to practice being free in any situation you find yourself.

Register in advance for this meeting:

[https://us06web.zoom.us/meeting/register/tZ0oce6srjorE9P3JH3m70l0yXCSRtDLAmwt](https://us06web.zoom.us/join/https://us06web.zoom.us/meeting/register/tZ0oce6srjorE9P3JH3m70l0yXCSRtDLAmwt)

After registering, you will receive a confirmation email containing information about joining the meeting.

All are invited to this event, free of charge. Led by L.J. Milone.

For more information, please contact L.J. Milone, Director of Faith Formation, ljmilone@stmatthewscathedral.org or at 202-347-3215.