

CATHEDRAL OF ST MATTHEW

RETREAT SERIES

2022-2023

Throughout the year, there will be several retreats led by L.J. Milone, Director of Faith Formation. These are opportunities to grow spiritually, become centered, and experience the infinitely tender love of God revealed in Jesus. Each retreat includes time for teaching, discussion, prayer, and spiritual exercises. Come and experience transformative approaches to living within a community of disciples. Come to discover true happiness, the way of letting go, how to live in the present moment, and to enjoy God alone!

- 9 AM - 1 PM
- In-Person or on Zoom as noted

September 10: **How to Be Free - ZOOM**

--Register in advance for this meeting:

[https://us06web.zoom.us/meeting/register/tZ0oce6srjorE9P3JH3m7010yXCSRtDLAmwt](https://us06web.zoom.us/join/9876543210)

October 1: **Nothing but God - ZOOM**

--Register in advance for this meeting:

[https://us06web.zoom.us/meeting/register/tZYrfuqypjgvHdebghkyMW081FyKkUFVayjY](https://us06web.zoom.us/join/9876543210)

November 5: **The Heart of the Gospel - ZOOM**

--Register in advance for this meeting:

[https://us06web.zoom.us/meeting/register/tZYodeCgqjMpGtNGIZ_cGizieFfmFyGBUgoM](https://us06web.zoom.us/join/9876543210)

December 3: **The Poverty of God - *in-person***: In the West Conference Room

January 7: **Mercy within Mercy within Mercy - ZOOM**

--Register in advance for this meeting:

[https://us06web.zoom.us/meeting/register/tZcxd-2hqz0tHdaJDjzgbbyWLZU2BPgJXdW7r](https://us06web.zoom.us/join/9876543210)

February 25: **Letting Go Like Jesus - *in-person***: In the North Conference Room

April 1: **Happy Nothingness - ZOOM**

--Register in advance for this meeting:

[https://us06web.zoom.us/meeting/register/tZUoc-gqzgtGddVXsinwey1ZQjApSjMgOLD](https://us06web.zoom.us/join/9876543210)

May 6: **Drunk on the Spirit - *in person***: In the North Conference Room

June 3: **Effortless Enlightenment - ZOOM**

--Register in advance for this meeting:

[https://us06web.zoom.us/meeting/register/tZIVdO6hrTMrHtSjxzwZAe95foWM0mpBCkXG](https://us06web.zoom.us/join/9876543210)