

The Franciscans of Halifax  
invite you to their  
2019 Spiritual Exercises

# *Keeping Christ at the Center*

*meditations by Sr. Teresa, FOH*

WEDS, JULY 17 &

THURS, JULY 18

**9:00** Morning Prayer

**9:30** Coffee

**10:00** Talk by Sr. Teresa

**11:00** Silent Meditation

**NOON** Light Lunch

**1:30** Talk by Sr Teresa

**2:30** Silent Meditation

**4:00** Mass

FRIDAY, JULY 19

**9:00** Morning Prayer

**9:30** Coffee

**10:00** Talk by Sr. Teresa

**11:00** Silent Meditation

**NOON** Mass

followed by Lunch

Cost is \$30 (includes all 3 lunches) or \$15 per day.  
All are welcome. Please do not let the registration fee be  
a burden; we can make arrangements to accomodate.

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**St. Catherine of Siena Church**

**July 17-19, 2019**

Please register online at [www.franciscansofhalifax.com/events](http://www.franciscansofhalifax.com/events)