



REACHING FOR HEAVEN

14 SPIRITUAL GOALS AS YOU GROW OLDER



HOSTED BY: MICHAEL AMODEI,
Executive Editor at Ave Maria Press, Author

Life is a journey, and as we grow older, we find ourselves in a new chapter—one where the busy responsibilities of work and parenthood fade into the background, making room for reflection and growth.

This event, inspired by the book *Reaching for Heaven: 14 Spiritual Goals as You Grow Older*, is a unique opportunity to pause, take stock, and prepare for your meeting with the Lord in a spirit of gratitude, faith, and hope.

With humor, personal stories, and practical advice, Michael will guide you through 14 spiritual practices designed to enrich your spirituality and help you pivot toward what truly matters: preparing for heaven.

During the retreat, you'll learn to:

- Review your life with gratitude.
- Honestly evaluate your actions and inactions.
- Enhance your spiritual practices through prayer, worship, study, and community.

WEDNESDAY

FEB 19

10:00 AM - 3:00 PM

\$30 Per Person / Lunch Included

What to bring: Your Bible, a Journal-style notebook, \$15 (cash, check, Venmo) to purchase the book *Reaching for Heaven*

REGISTER
ONLINE



Register online or contact José at 310-377-4867 ext. 250, jsalas@maryjoseph.org

MARY & JOSEPH RETREAT CENTER 5300 CREST ROAD, RANCHO PALOS VERDES, CA 90275