

UPCOMING EVENTS

JOIN US FOR THIS MONTH'S RETREATS AND EVENTS

JAN 7

TUESDAY

9:30 AM - 11:00 AM

No cost event.

Donations are appreciated.



HYBRID EVENT

Grateful Gatherings - First Tuesday of each month

Hosted by: Valeria Chow, Life Coach and Certified Facilitator

Grateful Gatherings are an opportunity to cultivate a space where we can explore grateful living as an orientation to life. Through ongoing engagement and dialogue, participants develop a vital sense of community, while deepening understanding of themselves and others.

Join us the first Tuesday of every Month.

Register online at maryjoseph.org

JAN 11

SATURDAY

3:00 PM - 5:00 PM

\$25 per person



ONLINE EVENT

Design for Living: Recovery In Relationships

Hosted By: Herb Kaighan and Jo Brooks

Come and join us as we explore Recovery in Relationships. Practical tools for building and sharing a life that flourishes.

Visit herbk.com or bigbookworkshop.com for more information.

Register online at maryjoseph.org

JAN 18

SATURDAY

9:00 AM - 12:00 PM

\$50 per person

The Dove's Lesson: Hope in uncertain times

Hosted By: Mark Mitchell, LMFT

We are living in challenging times personally, socially, and politically. This 3-hour interactive workshop invites participants to explore the symbolism of the dove as a beacon of hope, peace, and resilience.

Through reflection, group discussions, creative exercises, and the spirituality and science of hope we'll uncover ways to cultivate hope and inner calm amidst uncertainty. Participants will leave with practical strategies to navigate life's challenges and a renewed sense of peace and purpose.

JAN 25

SATURDAY

9:00 AM - 12:00 PM

\$50 per person

Neurographic Art: Mindful Doodling

Hosted By: Laurie Wallace

Neurographic Art is made by drawing freeform connecting lines and using color for enhancements. This technique helps to link the two concepts of "Neuro" (brain cells) with "Graphic" (images and shapes) to produce new and surprising artistic expressions. No previous art experience is required. All materials will be provided - participants are encouraged to bring their own art materials if they wish.

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

5300 Crest Road, Rancho Palos Verdes, CA 90275 | 310-377-4867

BOOKING UP FAST

REGISTER NOW FOR UPCOMING RETREATS AND EVENTS

FEB 14

FRIDAY

5:00 PM - 9:00 PM

\$150 Per Couple /
Dinner Included



Valentine's Celebration: Growing the Grace of Unity Couples Dinner and Mini Retreat

Hosted By: Rev. Jim Clarke, PhD

The gift of marriage necessarily entails a real responsibility—to grow together. How does that happen? It certainly is not by magic. The weaving of two people's souls is by grace and shared commitment. We will discuss the tools of this endeavor and celebrate your progress.

Please bring a favorite photo of the two of you.

FEB 19

WEDNESDAY

10:00 AM - 3:00 PM

\$30 Per Person /
Lunch Included

Reaching for Heaven: 14 Spiritual Goals as You Grow Older

Hosted By: Michael Amodei, Executive Editor at Ave Maria Press, Author

Prepare for Judgment Day—With Joy!

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.

Please bring a journal and Bible. Michael's book will be available for purchase for \$15.

FEB 21 - 23

FRIDAY - SUNDAY

6:00 PM FRIDAY –
1:30PM SUNDAY

Single room: \$450
Shared room: \$365/person
Commuter: \$195

Meals Included

The ABCs of RECOVERY for Women

Hosted By: John McAndrew, MA, MDiv

The ABC's of RECOVERY help us build a strong foundation that will support our ongoing development and growth as we seek "spiritual progress rather than spiritual perfection".

Join other women in recovery- all Fellowships welcome!- for a weekend of fellowship, sharing, music, laughter, prayer, and support.

John McAndrew is a spiritual counselor, poet, retreat facilitator, and musician in long-term recovery from the disease of addiction.

Formerly Director of Spiritual Care at the Betty Ford Center in Rancho Mirage, he currently resides in Arroyo Grande, CA, where he offers spiritual counseling and grief recovery support as well as facilitating workshops and retreats.

Donations are
Appreciated



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