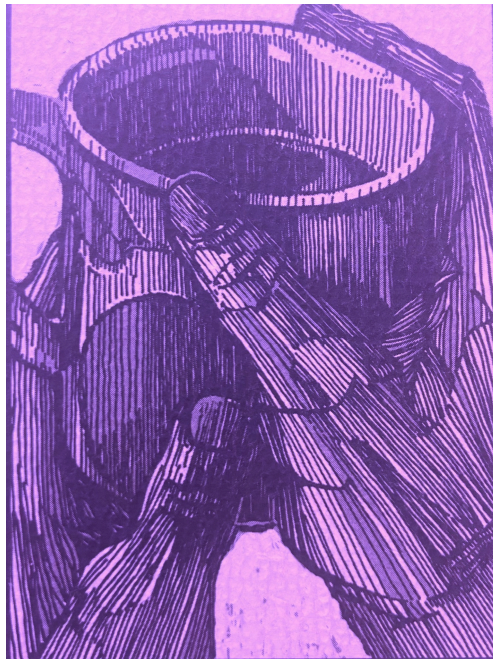


# The Cup of Our Life



You are invited to join us as we explore and deepen our lived spiritual experiences of finding God in our everyday lives.

We will have two gatherings. The first will be on Saturday 20th May from 4-5.30pm; the second on Monday 22nd May from 10-11.30am. Both in the kitchen dining room.

This retreat is based on 'The Cup of Our Life' written by Joyce Rupp and runs for 6 weeks. All welcome. Choose what day suits you best. If you are unable to commit to 6 weeks, come along when you can.

The simplicity of a cup is a rich symbol of life with it's emptiness and fullness, it's brokenness and flaws and it's gifts and blessings and reminds us that personal growth occurs in the ordinariness of our lives. Taking care of ourselves, fills our cup, feeds our souls and make us smile.

To find out more or to enrol for this retreat contact either:

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