



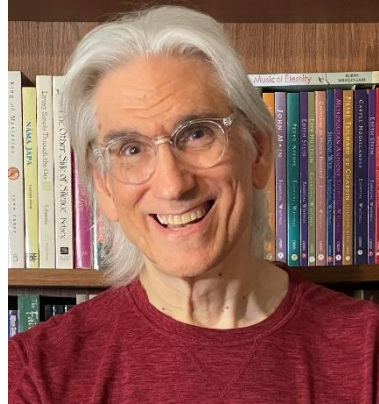
*Sisters of Saint Francis*  
*Rochester, Minnesota*  
www.rochesterfranciscan.org

## **2023 Assisi Heights Retreats** **Sisters of Saint Francis - Rochester, MN**

### **Mystical Path to a Joyful Life**

**Thursday, June 1 (6:30pm) – Wednesday, June 7, 2023 (12:00pm)**

**Presented by Carl McColman**



**Part 1:** Thursday, June 1 at 6:30 pm *thru* Sunday, June 4 at Noon  
**Theme: Gifts of the heart leads us to deeper mystery of God.**

**Part 2:** Sunday, June 4 at 6:30 pm *thru* Wednesday, June 7 at Noon  
**Theme: The heart of the beatitudes nurtures the mystical path to joyful life.**

### ***The Mystical Path to a Joyful life***

In the words of Teilhard de Chardin, joy is an “infallible sign of the presence of God.” How do we nurture joy in our lives? Where does it come from? How can it make a difference in the ordinary rhythms of each day? Our retreat will consider joy — a fruit of the Holy Spirit — as a gift given to us through divine grace. Indeed, joy is one of many gifts the Spirit gives us — in our hearts. By considering the “gifts of the heart” as invitations into prayer, we will reflect on how joy is given to us, and how we can most graciously receive this life-affirming gift.

**Carl McColman** is a spiritual director, retreat leader, and popular speaker and teacher on mystical spirituality and contemplative living. He is the author of many books, including: *The Big Book of Christian Mysticism*, *Eternal Heart: The Mystical Path to a Joyful Life*, and *Unteachable Lessons: Why Wisdom Can't Be Taught and Why That's Okay*. He is one of the co-hosts of the *Encountering Silence* podcast, and blogs regularly at Patheos, Medium, and his own website, [www.anamchara.com](http://www.anamchara.com). Carl is a Lay Cistercian (a lay associate of the Trappist monks of Conyers, Georgia) and a commissioned Centering Prayer presenter. Carl lives with his wife, artist Fran McColman, in Clarkston, Georgia, near Atlanta.