



## WCCM-TORONTO SPRING RETREAT



### *New Beginnings ... keeping on the path*

*10:00 a.m. to 3:30 p.m.  
June 5, 2021*

WCCM-Toronto is hosting a one-day virtual retreat led by The Rev. Marilyn Metcalfe. Come, listen and participate in the story of new beginnings on the spiritual journey. The retreat will include time for meditation, reflection and an opportunity to explore your own creativity.

You are invited to take time on June 5<sup>th</sup> to:

- Gather online at 10:00 a.m. to enjoy sacred space in your home being open to the movement of the spirit
- Wonder what may have been learned during times of unexpected isolation in the past year and a half
- Explore the challenge of opposites and how different perspectives enrich our lives
- Take time to relax, refresh, renew your spirit
- Lunch & Creative Space to re-connect with God and nature (12 noon to 1.30 p.m.)
- Begin again – Talk and reflection time - A new adventure awaits (1.30 to 3.30 p.m.)

**REGISTRATION & PAYMENT:** Canada Helps [www.bit.ly/NewBeginningsRetreat](https://www.bit.ly/NewBeginningsRetreat)

**Suggested donation:** \$20 or other amount to assist with the work of the community.

**CONTACT FOR QUESTIONS:** Email Lise Babin at [ljbabin@rogers.com](mailto:ljbabin@rogers.com)

The Rev. Marilyn Metcalfe is a Deacon in the Anglican Church and an Oblate of the World Community for Christian Meditation (WCCM). She is an experienced teacher of Christian Meditation and Labyrinth walking and enjoys being with others to share the spiritual journey.

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