



You are cordially invited to a

Day of Reflection Seeking a Peaceful Heart

Saturday, November 30, 2024

10 AM to 2:00 PM

**Kintore College and Cultural Centre
75 Charles St. West, Toronto, ON**

**The spiritual activities at Kintore College and Cultural Centre
are entrusted to Opus Dei,
a Prelature of the Catholic Church.**

Email registration@pev.ca by
November 24 to confirm your
attendance.

- Lunch is included. Please let us know of any dietary restrictions.
- \$40 is suggested to defray the cost of the luncheon and facility.
- Cash or cheque will be accepted at the front desk, **Or**
- E-transfer via seminarfund@pev.ca (**please include "Day of Reflection" in the message box**)
- Public parking is available within the vicinity

Contact Karen Nivet at knivet@rogers.com
or Marites Gaa 647 459 1444 for any
further questions

Schedule of Activities

- 10:00 Welcome/Coffee***
- 10:30 Meditation
- 11:10 Brief Examination of
Conscience/Spiritual Reading*
- 11:30 Holy Mass
- 12:20 Talk
- 1:00 Lunch

***An opportunity for Confession/Spiritual
Direction will be available
during this time.**

