



You are cordially invited to a

*Day of Reflection*

*Journey of Hope*

**Saturday, March 1, 2025**

**10:00 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](mailto:registration@pev.ca) by February 21 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](mailto: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](mailto: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.