Rejuvenate your spirit.

Join Catherine Joanne for six days of spiritual enrichment, worship and music each month at St. John Cantius Parish.

2019-2020 SEASON

**TUESDAYS**

**Twilight Retreat**

Potluck supper followed by music, prayer and reflection on one of the Fruits of the Holy Spirit. Concludes w/ 7:45 night prayer. 6:30 P.M. • RECTORY DINING ROOM

Explore the Fruits of the Holy Spirit:
- 9/24/19: Welcome and Overview
- 10/23: Joy (WEDNESDAY)
- 11/19: Peace
- 12/10: Patience
- 1/21/20: Kindness
- 2/18: Goodness
- 3/17: Faithfulness
- 4/21: Gentleness
- 5/19: Self-Control
- 6/16: Love

**FRIDAYS**

**Spiritual Date Night**

Deepen your relationship with a loved one — and with God — in a relaxed setting. Dinner and sitters provided. 6:30 P.M. • RECTORY DINING ROOM 9/27, 10/25, 11/22, 12/13, 1/24, 2/21, 3/20, 4/24, 5/22, 6/19

**SATURDAYS**

**Discover the Bible**

Learn more about how to read, understand and pray with the Bible. 10 A.M. • RECTORY DINING ROOM 9/28, 10/26, 11/23, 12/14, 1/25, 2/22, 3/21, 4/25, 5/23, 6/20

**WEDNESDAYS**

**Spiritual Direction for Individuals and Couples**

One-hour slots with Catherine available all day and evening. CALL 215-535-6667 TO SCHEDULE 9/25, 10/23, 11/20, 12/11, 1/22, 2/19, 3/18, 4/22, 5/20, 6/17

**SUNDAYS**

**Sunday Worship**

- 10 A.M. Family Mass, featuring SJCC Youth Music Group
- 5 P.M. Evening Holy Hour


Fr. Joseph Zingaro aims to nurture and develop the heart of spirituality within the parish. Take this opportunity to deepen your faith, grow spiritually and better understand our Catholic beliefs. All parishioners and the general public are invited to all programs.

Contact: parisheservices@stjohncantiusparish.org | 215-535-6667.