



# Compassion for Self Compassion for Others

Loretto Maryholme is not available to offer onsite retreats during these latest restrictions, yet anxiety, fatigue, and stress continue to be the experience for many.

Loretto Maryholme offers this contemplative space to meet with others:

## Free gathering on Zoom

45 minutes on Sundays November 29, December 6, 13 & 20

1:00 - 1:45 pm

Please register in advance by emailing [maryholme@rogers.com](mailto:maryholme@rogers.com)

An invitation link will be sent prior to the gathering.

Donations welcome, please send an EFT to [booking@lorettomaryholme.ca](mailto:booking@lorettomaryholme.ca)

*Let us enter into the Advent/pre-Christmas holiday season lighting candles of hope, peace, joy, and love rather than dwell in hopelessness, anxiety, discontent and isolation. Sr. Jane McDonell will offer quieting and meditative exercises to help live from a more contemplative and compassionate stance each day.*