

## ***Desert Mothers and Fathers: Ancient Guides for Prayer***

An Online Retreat with Carl McColman

**August 10 -14, 2020**

In the early centuries of the Christian era, women and men felt called to abandon city life to live as hermits, monks and nuns in the deserts of Egypt, Syria and Palestine. They became the first contemplatives, and the earliest mystics and spiritual guides of our tradition. Their stories — pithy and often humorous — are filled with surprising insights on how to grow spiritually and draw closer to God through prayer and meditation. Our retreat will weave together the wisdom of the Desert Mothers and Fathers along with spiritual exercises based on their teachings.

**Carl McColman • Soul Friend & Storyteller**

[www.carlmccolman.com](http://www.carlmccolman.com)

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### **Retreat Session Times**

**Monday, August 10: 7:00 – 8:30 PM ET**

**Tuesday thru Thursday, August 11-14**

**9:00 – 10:30 AM ET and 3:00 – 4:00 PM ET**