



St. Charles Retreat Centre
welcomes you to

THE HOLY TRINITY IN MY LIFE

A quiet day of rest and reflection

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JUNE 3, 2026
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Led by **Ted and Nancy Wood** from the
Chemin Neuf Community

Step away from the noise of daily life and rest in the love of the Holy Trinity.

Join us at *St. Charles Retreat Centre (323 St. Charles Street)* for a quiet day of prayer, Scripture, silence, and renewal.

The day includes teaching, reflection, silence, walking or creative time, and a simple lunch.

**Guests are welcome to bring journals, art materials, or anything that helps them enter into prayer and reflection.*

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SCHEDULE

9:00 AM — MASS (OPTIONAL)
9:30 AM — WELCOME
10:00 AM — RETREAT BEGINS
3:30 PM — RETREAT CONCLUDES

- **SUGGESTED OFFERING: \$40**
- **OPTIONAL OVERNIGHT STAY AVAILABLE (\$85)**

Registration is required

To register, please contact Gloria at stcharlesrc@archwinnipeg.ca
Payments may be made by cheque, e-transfer, or cash.