

# ADEOCLUBS

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## Mornings of Reflection for Women 2018-2019

*Mornings of Reflection offer an opportunity for personal and spiritual growth. Take the time to enjoy a brief respite of prayer and reflection designed to help busy women better integrate faith with daily work.*

Mornings of Reflection are usually the second Wednesday of every month.

- **October 17 (3<sup>rd</sup> Wednesday):** Balancing Our lives at the start of the school year
- **November 14:** The meaning of life: Nurturing our Faith and the Faith of our Children
- **December 12:** Christmas and the family: Keeping our Catholic Traditions
- **January 9:** New Year, New Resolutions: Remaining Positive
- **February 13:** Why we need the Mass
- **March 13:** The Christian Understanding of Suffering
- **April 10:** Facing life with Hope and Joy
- **May 8:** Mary: An Inspiration of Tenderness and Strength

**Location:**

**Alderton House**

117 East 70<sup>th</sup> St. NYC, NY 10021  
(Between Park & Lexington Ave.)

9am Coffee  
9:30am Meditation\*  
10:10am Talk  
10:40am Mass  
Finished by 11:30am

Please feel free to join us for any part of the morning. Friends are welcome. For more information, please contact Rebecca Engberg at 212-535-9329 or [www.adeoclubs.org](http://www.adeoclubs.org).

\*Meditation is a guided time of prayer in which a priest helps one center her thoughts on a biblical passage or a Christian devotion.