



*Step away from the noise...
and return to what truly matters.*

Women at the Well Retreat

A Humble Heart

June 20, 2026

9:00 a.m. – 4:00 p.m.

St. Francis of Assisi Parish
2473 Thorn Lodge Drive, Mississauga

Take time to rest, reflect, and renew your spirit.
Join us for a beautiful day of prayer and reflection as
we walk through St Benedict's Twelve Steps of
Humility, reflecting on our own spiritual journey.

The Day Includes:

- Prayer and reflection
- Spiritual teaching
- Guided discussion
- Fellowship and community

Facilitator: Elizabeth Pietrantonio
(Master of Theological Studies & Spiritual Director)

Lunch will be provided

Register Today:

www.stirlingcross.ca/retreat
(905) 822-8132