



# *Fresh Wind in Our Sails*

*Sponsored by the Sisters of Saint Joseph of Rochester*

## **Spiritual Lessons from Great Christian Women of History**

**Saturday, October 7 ~ 9:30 am to 3 pm**

**Location: SSJ Motherhouse**

**OR**

**Tuesday, October 24 ~ 9:30 am to 3 pm**

**Location: Cobblestone Springs**

Mary Magdalen, Macrina the Younger, Mechthild of Magdeburg, Maria Torribia, Zelig Martin, Elizabeth Ann Seton, and Elisabeth Leseur. What do these women have in common? They were all among our spiritual ancestors. However, not all of them are familiar. Let's explore who these women are and what their lives and works have to offer as insight and encouragement for our lives today. You may be surprised.

**Donation: \$30 (includes lunch and materials)**

**Reservations:**

**585-733-2555 or [jsobala@ssjrochester.org](mailto:jsobala@ssjrochester.org) (Motherhouse retreat)**

**607-243-8212 or [cobspr@frontier.com](mailto:cobspr@frontier.com) (Cobblestone retreat)**

**For more *Fresh Wind* programs, visit [www.ssjrochester.org/freshwinds](http://www.ssjrochester.org/freshwinds).**

