

## Environment

## Seton Spirituality Centre

*Terence Bay, Nova Scotia*

A sabbatical at the Seton Spirituality Centre allows time apart for rest and renewal, for the discovery of new insights that can lead to healthier living patterns.

You'll have time and space for revitalizing physical, spiritual and psychological energies.

Join us for what we envision as a time of grace and freedom; a time for integration.

- Comfortable private rooms
- Quiet, peaceful atmosphere
- Overlooking Terence Bay, within easy access of Peggy's Cove, world-renowned tourist attraction
- 30 minutes from Halifax, with its innumerable cultural, educational and heritage sites

[www.setonspiritualityctr.ca](http://www.setonspiritualityctr.ca)

Sabbath  
by the Sea  
2014

## For More Information

All costs are in Canadian dollars and include program fee, room and board.

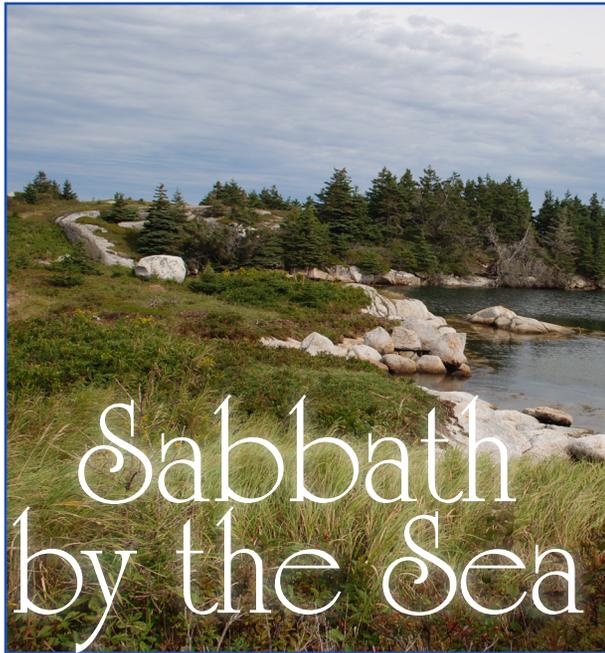
Additional funds will be needed for tours, cultural events, materials and other personal expenses.

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Seton Spirituality Centre is rooted in the mission and values of the Sister of Charity-Halifax.

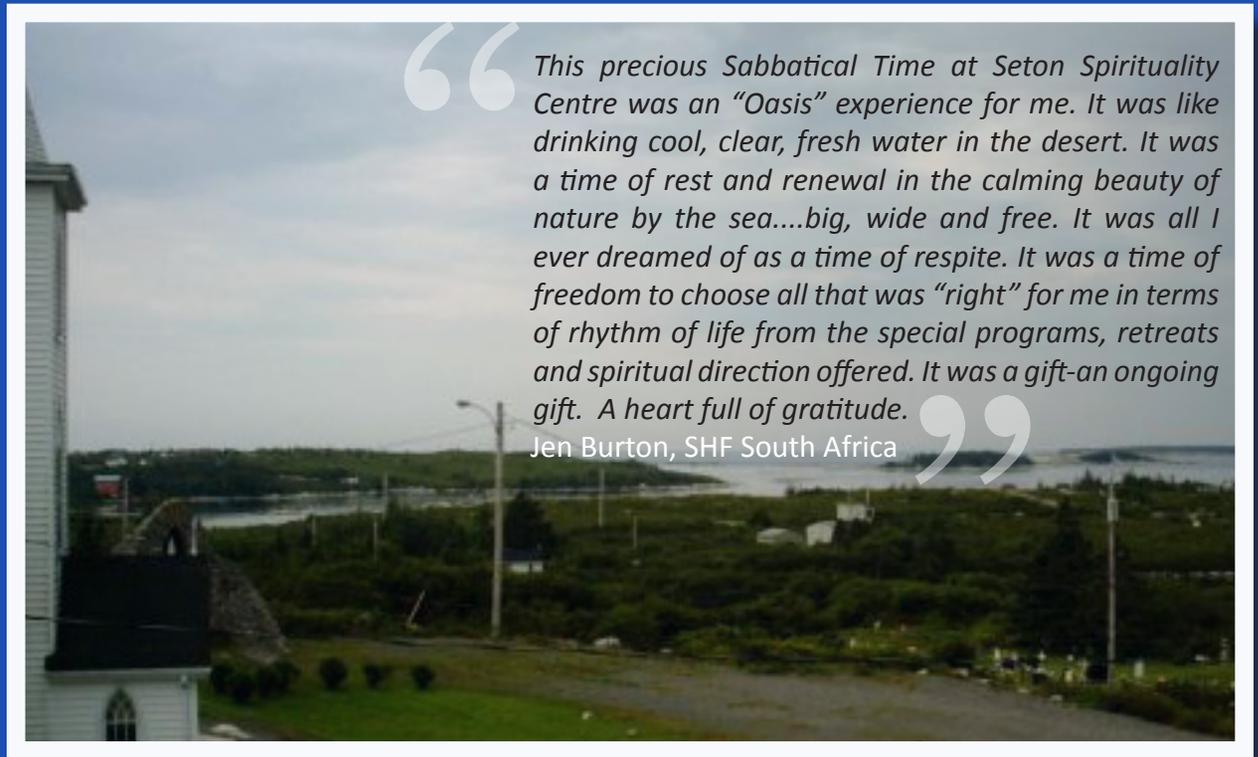
The Centre staff is comprised of Sisters of Charity and numerous other professionals.



A 12-week mini sabbatical for women. A time for rest and relaxation, a time for prayer and contemplation, a time for discovery of the “inner person”. Varied programs include a six-day directed retreat and an opportunity for spiritual direction and integration sessions.

**September 8 - November 30, 2014**

**Cost: \$6000**



*“ This precious Sabbatical Time at Seton Spirituality Centre was an “Oasis” experience for me. It was like drinking cool, clear, fresh water in the desert. It was a time of rest and renewal in the calming beauty of nature by the sea....big, wide and free. It was all I ever dreamed of as a time of respite. It was a time of freedom to choose all that was “right” for me in terms of rhythm of life from the special programs, retreats and spiritual direction offered. It was a gift-an ongoing gift. A heart full of gratitude.*

*Jen Burton, SHF South Africa* ”

## Sample Programs Offered

An Invitation to Silence and Solitude  
Peace and Justicemaking  
Rituals Spun from Women’s Lives  
Choosing to Forgive  
Experiencing God in the Everyday  
Mahar’s Island Solitude  
Listening to God in Contemporary Literature  
The Earth’s Imagination  
Praying With the Ocean  
Challenge of Beatitudes Today

Challenge of Slow  
The God Who Won’t Let Go  
Navigating Transitions  
Group Spiritual Direction  
Canoe/Kayak Reflections  
Faith and Ecology  
Call to Live Prophetically  
New Cosmology and Christian Faith  
[www.setonspiritualityctr.ca](http://www.setonspiritualityctr.ca) for more info