

A Mystic's Approach to the Rough Edges of Life

April 13: The Darkness of Night

April 20: The Light of Day



Julie Vieira, IHM, MA

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April 13 and April 23, 9:30am-12:30pm

Mystics through the ages and around the globe have gifted us with inspiring and, at times, painfully honest reflections on living as mystics. They share about their experiences of God often using the imagery of darkness and light. Drawing on a variety of mystics from the sublime to the gritty, we will explore these two themes and their inherent interplay as well as that mysterious, transitional space in between where darkness and light are indistinguishable like dusk or dawn. Throughout, we'll be mindful of our own experience of life, especially when we experience its rough edges and are in need some mystical grit!

The workshops include time for personal "interplay" with the mystics and the themes of darkness and light, conversation, and prayer. Note: Although the workshops flow together, they are also "stand alone" if you are only able to attend one. The suggested offering for each session is \$25. For those attending both sessions, there is a reduced suggested offering of \$40.

Julie Vieira, IHM, MA, (she/her) is a writer, presenter, and thinker in spirituality with particular attentiveness to living the darkness and light — the poetry and rough prose — of everyday life. She holds a Master of Arts in Theology from St. Michael's College at the University of Toronto and currently serves as the Director of the Margaret Brennan Institute. She also serves as a volunteer crisis counselor for LGBTQ+ youth.



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Visitation Spirituality Center

The Darkness of Night

Saturday, April 13, 2024

The Light of Day

Saturday, April 20, 2024

Name _____ Phone _____

Address _____ E-mail _____

City, State, Zip Code _____ Amount Enclosed _____



*We are a place of welcome
for all who seek quiet space,
spiritual companionship
or opportunity or spiritual growth.*