



Pallottine Renewal Center Outreach

Let Go; Allow God: An At-Home Retreat

With people not venturing into public places with Covid-19, PRC is offering a five-part retreat series entitled LET GO; ALLOW GOD through YouTube. This retreat is a way to talk with God about the unknowns we are facing during this epidemic. The deeper question being addressed: is their room for fear in a life of faith; are these two mutually exclusive?

Gail Borgmeyer will lead reflections on parables and stories of Jesus with insights from Pope Francis and Rev. Joseph Tetlow, S.J. (known for the Spiritual Exercises of St. Ignatius).

If you have never made a retreat or have not made one for a while, this is a perfect opportunity. The beauty of this type of retreat is that you can do when and where you are most comfortable and at your own pace.

When: Launches on June 1, 2020

Access to YouTube:

https://www.youtube.com/channel/UC52NNcRb001QBAuVTOivipA/?guided_help_flow=5

No Cost and No Registration Required

About Gail

Gail is Mission Effectiveness Coordinator at Pallottine Renewal Center. She has been involved in vocation, formation, and spiritual direction for many years. She received her M.A. in Spirituality at Creighton University.



Pallottine Renewal Center will be offering SoulCore in our Chapel in June. SoulCore is a movement that pairs core strengthening, stretching and functional movement with the prayers of the rosary. No fitness level or experience required. All are welcome. A sensory experience combining candlelight, music, scripture, and movement to nourish body, mind & soul and encourage deeper reflection on the virtues of the rosary. Keeping safety as a top priority, we will be setting up the Chapel to allow for social distancing during the program and are requiring participants to wear masks.

WHEN: Classes begin June 1, 2020
Mon & Wed: 9:30am – 10:30am

WHERE: Pallottine Renewal Center Chapel
15270 Old Halls Ferry Road
Florissant, MO 63034
314-837-7100



"I am on a lifelong path to a more personal relationship to Jesus and I have found the blessed Mother and the rosary to be a beautiful way to do this. I am passionate about assisting and motivating others to live healthy and happy lives in mind, body, and spirit. I have a B.A in Biology, have been a fitness instructor for almost 20 years and have a Health Coaching business." **Patti Alvaraz, Instructor**

Cost is \$5. Pre-registration required.

www.pallottinerenewal.org