

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

Sabbath

by the Sea

2011 - 2012

For More Information

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

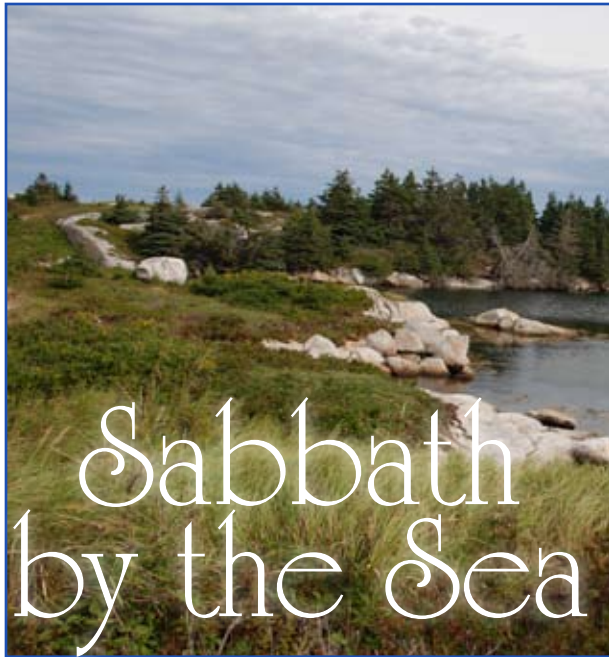
Additional funds will be needed for tours, cultural events, materials and other personal expenses.

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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.



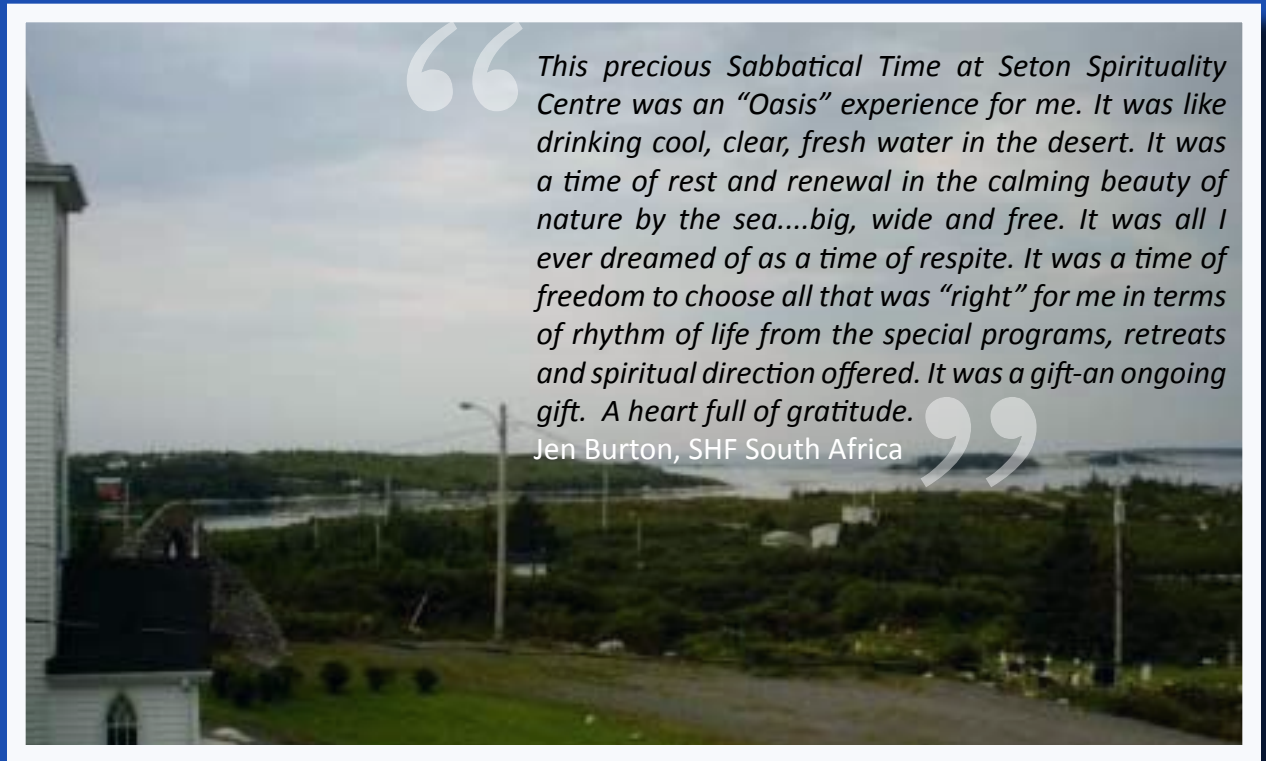
A 12-week mini sabbatical for women. A time for rest and relaxation, a time for prayer and contemplation, a time for discovery of the “inner person”. Varied programs include a six-day directed retreat and an opportunity for spiritual direction and integration sessions.

September 8 - December 1, 2011

Cost: \$5,520

September 7 - November 30, 2012

Cost: \$5,520



“ 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
A Day With Julian of Norwich
Intro to Foot Reflexology & Reiki
Mahar’s Island Solitude
Listening to God in Contemporary Literature
The Earth’s Imagination
Praying With the Ocean
Challenge of Beatitudes Today

Introduction to Celtic Spirituality
Challenge of Slow
The God Who Won’t Let Go
Navigating Transitions
Praying With the Labyrinth
Group Spiritual Direction
The World of Dreams
Canoe/Kayak Reflections
Seven Sacred Pauses
Faith and Ecology
Call to Live Prophetically
www.setonspiritualityctr.ca for more info