

Blessed Trinity Shrine Retreat presents

# Discernment in Everyday Life

## April 28-30, 2023

**Check In:** Friday, 6:00-7:00pm EST

A discernment of spirits retreat – learn how to discern God's Will in our daily life.

In our daily walk with God, our hearts desire is to “seek and find the Divine Will”. There is profound peace and spiritual truth in the discernment of spirits in our daily life. Are you struggling to discern God's Will, not just in the big decisions you face, but in the small decisions you encounter every day? Discerning which promptings are from God and the ones that are not, is critical when we desire to live the “Divine Will” in our daily life. Using St. Ignatius's Discernment of Spirits, we can learn how to seek God in all things. This allows us and those in our lives to receive the good fruit of solid discernment. Whether you desire to discern God's Will in important decisions that are in today's activities, this week, this year, or the years to come, pause and listen to see the tools Ignatius gives us and what discernment of spirits offers for you in your life journey with God.

### Retreat Fees:

**Weekend:** \$190.00 per person (includes \$85.00 non-refundable deposit)

**Day Hop:** \$85.00 per person (includes \$40.00 non-refundable deposit)

*As part of the retreat center's participation in the USCCB Eucharistic Revival, retreat guests will have the opportunity for Adoration on Friday and Saturday night as well as Mass and Confession.*



Blessed Trinity Shrine Retreat  
*Peace in the Pines*

107 Holy Trinity Road  
Fort Mitchell, AL 36856  
334-855-4474



**Speaker:** Julia Maloney is a native of Georgia. She has been a Registered Nurse for 37 years and currently works with Impaired Professionals who are in recovery. Julia is a graduate of Kennesaw State University with her

Nursing Degree and Spring Hill College where with a certificate in Spiritual Direction. She is an affiliate Spiritual Director at Ignatius in Atlanta. As a Lay Cistercian from The Monastery of our Lady of the Holy Spirit, Julia offers spiritual direction to females who come to the monastery to work their steps in Alcoholic Anonymous, and her gift is the Fifth Step. She enjoys teaching about liturgy, prayer and Ignatian Spirituality. She teaches Christian Mindfulness practices, forms of prayer and can also be found leading nature walks and pollinator counts. Julia's home is a pollinator habitat, a monarch way station and a certified Audubon Bird Sanctuary. She gardens with native plants to support the butterflies and other wildlife who find respite on her property. Julia finds God in the ordinary and lives close to nature, often sharing with others all the tiny, amazing ways God has created us to live well with nature.

### Retreat Patron Saint:

St. Therese of Lisieux

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