Emptying Your Cup

Finding Peace though Letting Go

Goals:

- Use the image of the cup to reflect on your life.
- Practice letting go of ‘internal clutter’.
- Make time and silent space for God.
- Experience God’s unconditional love.

Ministry of Mothers Sharing

An outreach ministry of the Sisters of St. Benedict of St. Paul’s Monastery

May be enlarged and laminated for use at the retreat.