



**Speakers: Stacey Sumereau
and Erin and Matt Ingold**

NEW!
Virtual Retreat

March 31 and
April 1, 2023



Virtual Retreat
March 31 and April 1, 2023

Lux Christi:

Receive His Light
and Gift it to Others



Press pause, take a step back from the hustle, and come discern your unique gifts this Palm Sunday weekend. Hosted by the Carmelite Sisters for the Aged and Infirm, this virtual retreat is the perfect opportunity to gain self-knowledge and spiritual guidance.

With expert speakers like Stacey Sumereau and workshops led by Matt and Erin Ingold, you'll have the chance to pause, reflect, and pray while taking in valuable wisdom from trusted sources. Whether you're feeling stuck, unsure of your direction, or simply seeking a deeper connection with yourself and your faith, this retreat is the perfect opportunity to recharge and realign.

Here's what you'll gain:

- Learning to hear the Lord's voice and his movement in your life
- Recognition of your unique gifts and talents
- Direction for your next best move
- Understanding how to make yourself a gift



Don't miss out on this unique and transformative experience. Register today!

Virtual Retreat for women, ages 18-35. Friday, March 31 and Saturday, April 1, 2023.

\$60.00 Donation | Register Online: www.carmelitesisters.com/retreat-registration

For more information, please contact:

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Friday, March 31
5:15 - 8:15 pm ET

5:00 pm ET

Retreat Opening

The virtual retreat will open for participants to login.

5:15 pm ET

Welcome and Overview

Setting the mood for a fun and inspirational weekend- we will outline the goals and objectives and review guidelines for participation.

5:30 – 6:15 pm ET

Discernment is a Relationship

Stacey Sumereau

Discernment is both easier and harder than you may think. Contrary to popular opinion, God has no one perfect blueprint for your life for you to decode. Rather, discernment calls for the cultivation of a relationship that demands everything. In this talk, journey with Stacey to reframe your thinking around the art of discernment. Learn how to avoid discernment pitfalls and practical prayer strategies to begin hearing God's callings in your life.

6:15 – 8:00 pm ET

Claiming Your Gifts of Personality

Matt and Erin Ingold

In this workshop participants gain insights on their unique strengths and motivations. By exploring the common strengths, weaknesses, drivers, and contributions of their primary and secondary temperaments, we help participants claim and tame the unique gifts and motivation styles that God gave them so they can be aimed towards their greatest fulfillment.

- Learn the basics of the temperaments and how knowledge of your temperaments can help you discern and grow.
- Students claim their common motivations, triggers, contributions, and ideal conditions for their temperament.
- Students complete their “getting the best from me” worksheet based on their worksheet responses.

8:00 – 8:15 pm ET

Wrap up and Closing Prayer

Come and Rest with Us

A retreat weekend with the Carmelite Sisters for the Aged and Infirm

June 23-25, 2023 in Germantown, NY.

Join us for a weekend retreat of reflection, quiet, and spiritual direction in beautiful Upstate New York by the Hudson River. The retreat includes coaching and spiritual direction from the Metanoia Catholic Team and the Carmelite Sisters.

Contact us for more information.

Saturday, April 1
9:00 am - 2:00 pm ET

8:45 am ET

Retreat Opening

The virtual retreat will open for participants to login.

9:00 – 11:00 am ET

Finding Freedom of Discernment with The Reason Cycle

Matt and Erin Ingold

Ever feel stuck in discernment? In this workshop, we lead participants through The Reason Cycle, our foundational process for finding freedom and clarity to better discern God's will without fear or hesitation. By learning the meta-skill of cleaning your own mind through self-reflection, repentance, and meditative prayer, participants grow in clarity, grit, and resiliency.

Participants learn TRC, it's benefits towards mental prayer and discernment, and how to practice it using the Metanoia Journal.

- Participants learn how their own thoughts can be an obstacle to discernment.
- Participants learn the process of The Reason Cycle.
- Participants learn how they can practice TRC with the Metanoia Journal

11:00 – 11:30 am ET

Break/Sharing the Mission of SALT

To respond to our vocation, we need to foster and develop all that we are. This has nothing to do with inventing ourselves or creating ourselves out of nothing. It has to do with finding our true selves in the light of God and letting our lives flourish and bear fruit.

– Pope Francis, Christus Vivit

11:30 am – 1:00 pm ET

Discover Your Unique Call to Sanctity

Matt and Erin Ingold

We were created by God with a unique purpose. We want to help people discover it. The Unique Call to Sanctity workshop helps participants gain clarity on their unique vocation and purpose. By reflecting on areas of giftedness, passion, and mission, participants begin discerning practical ways that they can direct their yes and no towards activities and pursuits that align with God's grace already active in their lives.

Participants identify their Unique Call to Sanctity Worksheet and begin considering how they might begin discerning it more practically.

- Participants explore areas of mission, passion, and gifts and identify common themes.
- Participants identify the convergence of their common themes into their UCS statement.
- Participants consider ways of practically discerning the UCS that they identified.

1:00 – 2:00 pm ET

Small group and large group sharing with closing prayer

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Meet the Host and Speakers



Host: Carmelite Sisters for the Aged and Infirm

The Carmelite Sisters for the Aged and Infirm are a consecrated religious in the Catholic Church and members of a Congregation founded by Venerable Mary Angeline Teresa, dedicated to the service and care of the Aged and Infirm, in the spirit and tradition of the Carmelite Order.

The Carmelite Sisters for the Aged and Infirm are women who share a vision that love makes a difference in the world. The Sisters are diverse in age, background and training but are united in their belief that life is precious, from the moment of conception to its natural end. Life is full of memories pieced together to form God's handwoven tapestry.

The Sisters follow the example and vision of our foundress, Venerable Mary Angeline Teresa McCrory and minister to Christ in the person of the elderly but always return to the spiritual mount of prayer and contemplation.

The SALT Carmelite Missionary Program
will foster respect for the dignity of the human person in all stages of life, with particular emphasis on the elderly. The program will bring young adults and the elderly together in mutual relationship and understanding, bridging the gap between these two generations both in the Catholic Church and in the world.



Speakers: **Matt & Erin Ingold**

Matt and Erin Ingold are the Founders of Metanoia Catholic, a coaching company that trains competent and confident Catholic coaches and supports them in building communities

dedicated to human formation. They are the hosts of the Catholic Coaching Podcast, a podcast aimed at making mindset coaching authentically Catholic and practical.

Matt, is a graduate of the United States Naval Academy, former Marine officer, and Catholic teacher and speaker. Erin is a Franciscan University of Steubenville graduate with a degree in Theology, and a Catholic Coach. Through Metanoia Catholic, both offer their combined 30 years of ministerial experience toward helping their clients bring Jesus into their interior lives and become co-authors with God in the Greatest Story Ever Told.



Speaker: **Stacey Sumereau**

Stacey Sumereau's unique journey spans performing in Broadway National Tours of The Wizard of Oz and Beauty and the Beast, to discerning religious life on Reality TV

in The Sisterhood, Becoming Nuns (Lifetime 2014), to marriage and motherhood.

Stacey founded and hosted the Be Not Afraid Conference and the God's Adventure Awaits Summit, serving over 20,000 people in 2020. Stacey hosts the popular Called and Caffeinated Podcast and YouTube show and is a contributor on the Ascension Presents YouTube channel.

In 2020 she wrote and taught the True North Discernment Course to people in 13 countries around the world. Stacey has written for Vocations and Prayer Magazine and iMom.com.

She and her husband John are raising their four children aged five and under in the Washington, D.C. area.

She has presented at the National Catholic Youth Conference, the LA Religious Education Congress, and dioceses across the country encouraging young people to know their worth and to embrace God's adventure.