

Retreat in Daily Life

OMPH Ipoh

Come and find some quiet time in the busyness & fullness of your daily life



The retreat tradition has been part of our Catholic Church for centuries, but so far has been more widely attended by the clergy and religious. And of these, personally-guided retreats, where one spends most of the day in personal solitude and communion with God, have not been widely made known among the laity.

This is a chance for us, the faithful to come and drink, personally from the Living Spring of God. Where we bring the things from our daily lives to God's table and share what is REAL with a God who wants to be part of who we really are.

- Dates: Mon 13 – Fri 17, Feb
- Time: 8pm – 10 pm daily
- Venue: OMPH church
- Max participants: 25 pax
- Suggested Love offering:
 - RM65/- for 5 days.
 - (one-to-one spiritual guidance and notes.)

* Registration & payment to be made at the OMPH parish office.

Come and experience one-to-one personal spiritual guidance, through the accompaniment of trained spiritual guides, who are here to listen, to share your prayer life and to help you see more clearly where God is already waiting for you, each moment everyday.