

**SACRED HEART ON THE LAKE RETREAT CENTER**  
**194 Candlewood Hill Rd. Higganum, CT. 06441**

**TWO ADVENT RETREAT DAYS**

**PRAYING WITH THE 7 O' ANTIPHONS ADVENT RETREAT DAY**

**Saturdays, December 6<sup>th</sup> and the 13<sup>th</sup> from 9:30am to 3:00pm**

Both of these Retreat Days will focus on praying with the deep meanings of the 7 O' Antiphons. During the final days of Advent, the Church offers an ancient and timeless way of anticipating the celebration of Christmas: The O' Antiphons. Presenter- Sr. Lany Jo

Smith, ASCJ. Donation asked - \$35.- Includes a Continental

Breakfast and a Full Lunch. To register online go to [sacredheartonthelake.org](http://sacredheartonthelake.org) or call Sr. Lany Jo at 203-606-9102.