



CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION

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## News Release

**FOR IMMEDIATE RELEASE**

**Oct. 6, 2010**

### **East Valley oblates to host retreat**

TUCSON, Ariz.—The East Valley Oblates of the Benedictine Sisters of Perpetual Adoration will host a retreat from 9 a.m. to 4 p.m. Saturday, Oct. 23, in Chandler. The event is open to the public.

The day will begin with Mass, followed by morning prayer, a three-part presentation by Adriana Cavina on working to incorporate *lectio divina* into one's regular prayer life and close by saying the Rosary.

Cavina is a member of the East Valley Oblates and an ordained Lutheran minister. The retreat cost will be \$20, which includes lunch. For more information, please contact Nancy Kaib at [nancykaib@hotmail.com](mailto:nancykaib@hotmail.com) or (480) 883-8025.

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