

# An Advent Day Retreat

A Day of Reflection, Recollection and Prayer  
on the Life, Spirituality and Legacy of  
St. Elizabeth of the Trinity

*"You must build a little cell within your soul as I do.  
Remember that God is there and enter it from time to time;  
when you feel nervous or you're unhappy, quickly seek  
refuge there and tell the Master all about it."*

*Open to all. Please come,  
bring your family, bring your friends*



## Led by Father Ted Trinko IVE

Father Ted is a priest from the contemplative branch of the Institute of the Incarnate Word who is currently serving at the Basilica and at the Grotto of Our Lady of Lourdes in Emmitsburg.

Registration at 8.45 will be followed by Mass at 9 o'clock in the beautiful National Basilica. The day of reflection and prayer will include two conferences by Father Ted on the life, spirituality and legacy of St. Elizabeth of the Trinity. Before each one we will hear selected readings from the writings of the Saint herself. You will experience the prayer of recollection, Exposition of the Blessed Sacrament; pray the Rosary and Divine Mercy Chaplet.

**Saturday  
December 1,  
2018  
9 - 4 pm**

The National Shrine of St.  
Elizabeth Ann Seton  
339 South Seton Ave.  
Emmitsburg, MD 21727

Mass

Adoration

Conferences by  
Father Ted Trinko  
IVE

Readings from  
St. Elizabeth Of  
The Trinity

Hosted by  
The Secular Carmelite  
Sacred Heart Community  
of Frederick, Maryland

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