

## Announcements from Our Lady of Bethesda to share with your Parish



### **Workshop Series: Understanding Anxiety & Stress in a Post-Pandemic World**

Next Topic: *Adventures Include Some Anxiety – Embracing the Excitement*

Learn how to feel stronger and healthier in a post-pandemic world by attending any or all of these workshops presenting talks and time to practice learning a new technique experientially. Presented by Dr. Kathleen Musslewhite, Executive Director of the Alpha Omega Clinic, the series will run on Thursday afternoons. Upcoming dates are Mar 31, Apr 14, Apr 28, May 12; each session duration: 12:00-2:30pm and includes Mass and a light lunch. The cost for each session is \$50 per person. Come to all or some. This program is a collaboration of Our Lady of Bethesda Retreat Center with the Alpha Omega Clinic, both located at 7007 Bradley Blvd., Bethesda, MD 20817. Find more information and links to register on our website:

[www.ourladyofbethesda.org](http://www.ourladyofbethesda.org)



### **Three to Get Married Marriage Prep**

**In-Person Only: May 12-15 / Jun 16-19 / Jul 21-24**

**Virtual Only: Apr 21-24**

The Three to Get Married Marriage Preparation Program is a Catholic Pre-Cana program for seriously dating and engaged couples. This marriage preparation course is an intensive preparation experience true to the teachings of the Catholic Church. Convenient one-weekend

schedule. FOCCUS administration is included. \$315 per couple. Space will be limited and these weekends fill up quickly, so reserve your spot today! Find more information on the website [ourladyofbethesda.org](http://ourladyofbethesda.org). Our Lady of Bethesda Retreat Center, Bethesda, MD.



### **Take a Personal "Retreat" Day**

**Apr 7 / May 13**

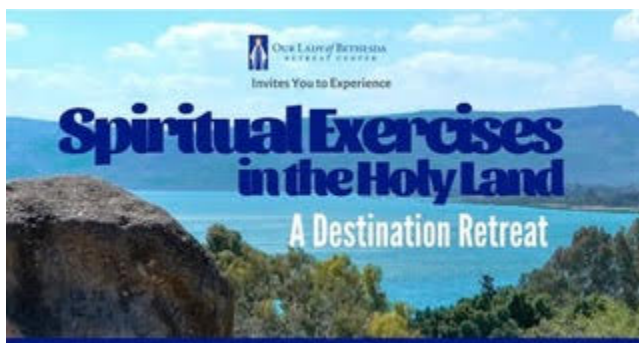
Are your days overcrowded, jam-packed, and busy, busy, busy? Jesus tells you to "Come away with me..." to Our Lady of Bethesda Retreat Center where your very own personal retreat awaits. During your personal retreat, from 8:30am-4pm, an experienced retreat director will guide you to a place of rest with Christ. The retreat schedule allows for one-on-one spiritual direction (optional), quiet reflection, Mass, Confession and Eucharistic Adoration, plus continental breakfast and lunch, so you will be nourished and cared for while Our Lord speaks to your soul about the depths of His love for you. Cost is \$120 per person. Advance Registration is required, and registrations will be limited to facilitate appropriate social distancing. Visit our website to register and to find more dates [ourladyofbethesda.org](http://ourladyofbethesda.org). Or call 301-365-0612. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD 20817.



### **Women's Lenten Retreat Weekend: Apr 8-10**

#### **New COMMUTER Option!**

Grow in your faith and become spiritually stronger this Lent. Explore your mission in life and experience His Presence in the silence! Silent retreat weekend with overnight and commuter options to attend. Registration is required. Cost w/ overnight: \$250 per person; Commuter cost: \$210 per person. Find more retreats and links to register on the website [www.ourladyofbethesda.org](http://www.ourladyofbethesda.org). Our Lady of Bethesda Retreat Center, A Place to Encounter Christ! 7007 Bradley Blvd., Bethesda, MD 20817. Plan your next retreat today!



### **2022 Holy Land Pilgrimages—It will change your LIFE!**

Explore the Holy Land and experience the places where Christ lived! Our Lady of Bethesda will host two pilgrimages to the Holy Land this year. Find more details on our website: [www.ourladyofbethesda.org](http://www.ourladyofbethesda.org)

#### **Travel dates:**

June 20-July 1: Cost: All-inclusive LAND ONLY price \$3,500 per person double occupancy. For more info about this trip contact Pilgrimage Coordinator: Cristina Tallent at [ctallent@ourladyofbethesda.org](mailto:ctallent@ourladyofbethesda.org) or 301-365-0612.

September 19-29: Cost:All-inclusive LAND ONLY price \$4,125 per person on double occupancy basis.

For more info about this trip contact Pilgrimage Coordinator: Fr. Daniel Pajerski at [dpajerski@legionaries.org](mailto:dpajerski@legionaries.org) or 301-365-0612.



### **Evening Reflection for Couples**

Wednesday, April 13, 2022

Married and Engaged couples are invited to an Evening of Reflection especially for you! Plan to join us for a holy date night that will help you prepare your marriage for Lent and beyond. The evening will begin with mass and include a delicious dinner, talk, time for quiet reflection and the opportunity for confession. \$60 per couple. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD 20187. Registration is required so that we can properly prepare. Visit us at [www.ourladyofbethesda.org](http://www.ourladyofbethesda.org) or call 301-365-0612.