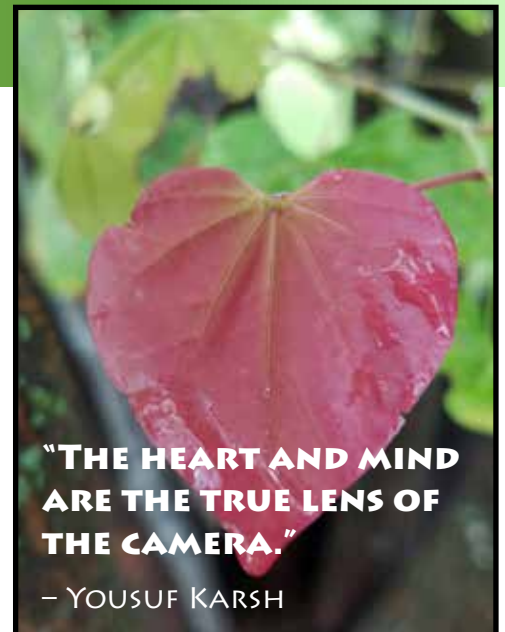


Contemplative Photography: "SEEING WITH THE EYE OF THE HEART"

**Saturday, May 11, 2019
9 a.m.-3 p.m.**

Cost: \$25 (includes lunch)



This contemplative photography retreat offers participants the opportunity to see with the eye of the heart. It is through this mindful practice, utilizing the camera to engage the eye, mind and heart in the present moment, that we are able to connect with the infinite beauty and wisdom that exists all around us ... God's Grace.

This is a wonderful way to connect with other photography and nature enthusiasts, to learn about the benefits of contemplative photography as a mindful practice in your own life as well as relax and explore – through the eye of the camera – the beautiful landscapes of Mount Saint Joseph.

This retreat is open to all levels of photo enthusiasts and requires no prior experience just a digital camera (or smartpone) and the willingness to be fully present.

Join Michele as she shares some of her story and guides us on a contemplative photography journey to open the eye of the heart.

Please register:
270-229-0206

retreatcenter@maplemount.org
or register online: [https://ursulinesmsj.org/
conference-retreat-center/registration-
sponsored-programs](https://ursulinesmsj.org/conference-retreat-center/registration-sponsored-programs)



Mount Saint Joseph
Conference and Retreat Center

8001 Cummings Road
Maple Mount, Kentucky 42356-9999

Facilitated by Michele Gates

Michele Gates is an executive assistant, mother of two and a survivor of many losses who set out four years



ago on a personal journey of healing and self-discovery, ultimately illuminating her passion to uplift, inspire and help others via art, writing, and photography. This led to the creation and ownership of MLGates Photography in January of this year. Michele's photographs can be found hanging among the halls of businesses in the Evansville, Ind., area as a means of inspiration and bringing the outside in.



Office of Spiritual Life for the Diocese of Owensboro