



Be still  
and know that  
I am God.

Psalm 46:10

# SILENT DISCERNMENT RETREAT FOR SINGLE CATHOLIC WOMEN

(18-35 years old)

**JAN 30–FEB 1, 2026**

(6 pm Friday to 2 pm Sunday)

Little Sisters of the Poor  
1365 Enfield St., Enfield CT

Holy Mass ~ Adoration ~ Talks  
... and abundant silence  
in which your heart may listen  
for the Lord's voice.

At the beginning and end of the  
retreat, participants will enjoy a time  
of conversation and sharing with the  
Little Sisters of the Poor and with  
the other young women in vocational  
discernment.

To register contact Sr. Carolyn  
at [sc@littlesistersofthepoor.org](mailto:sc@littlesistersofthepoor.org)  
by Jan 28. Questions?  
**(860) 402-4478**

There is no charge for the retreat,  
but early registration is appreciated.