

A Retreat on the Contemplative Approach to Healing You and Your Family Tree

by Fr. Christopher Onuoha



Saturday, September 25 | 9:00 a.m. – 4:00 p.m.

St. Mary of Sorrows Worship Center – 5222 Sideburn Rd., Fairfax, VA 22032

AREAS OF FOCUS

- Understanding your baptismal identity thru growth in self-knowledge
- Prayer and discernment in the Holy Spirit
- Identifying open doors to curses and bondage, and how to close them
- The open doors to grace and healing
- Understanding spiritual warfare by identifying tactics of the evil one
- The Armor of God needed to combat evil
- The game changer, prayer in The Holy Name of Jesus Christ

9:00 a.m. – 12:00 p.m.

Presentations and Healing Prayers

12:00 – 1:00 p.m. LUNCH

Bring your own bag lunch & beverage. Restaurant options are nearby.

1:00 – 2:15 p.m.

Presentation

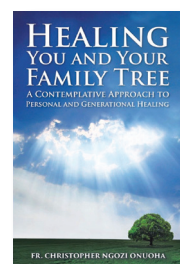
2:30 – 4:00 p.m.

Holy Mass and Exposition of the Blessed Sacrament
and Healing Prayers

COST – Free (*Donations requested*)

Tax deductible donations may be made payable to “Abound in Hope Nigeria, Inc.”

Father Christopher’s
book will be available for
purchase at the retreat or
by mail order.



For more information, call 703-304-6087 or 571-215-6159
or email kmw@welterlaw.com