

The DeMello Stroud Spirituality Center
presents
The Annual DeMello Conference



The Joy of Advent: Wake Up! and See

Discussing the spirituality of Tony deMello, SJ

All are welcome to this free event
(donations will be gratefully accepted)

Where: The Parish Center of the Church of St. Monica –
St. Elizabeth of Hungary – St. Stephen of Hungary,
406 East 80th Street, Manhattan

When: Friday, November 17, 7-9pm and
Saturday, November 18, 8am-5pm
(You are welcome at the parish's 5:30pm Mass on Saturday)

What: Friday will include a talk, video, and mindfulness activities.
Tea and cookies will be served.

Saturday will include presentations, discussions, awareness
exercises, and time for silence.

Bagels and coffee will be served. Bring a brown bag lunch.

Last year's participants said:

*This conference gave me a new focus.
The talks were fresh and challenging.
Went beyond my best expectations.
The love, honesty, inspiration and
awareness was refreshing.
Enjoyed the stories from various global
traditions.
It created in the group a kind of intimacy
among strangers.
Outstanding. Helped me to reopen my
heart.
The material and presentation was
excellent.*



Spirituality means waking up.

*"What can I do to become enlightened?"
asked the disciple. "As little as you can do
to make the sun rise in the morning,"
answered the master. "Then why all of
these spiritual exercises?" "To make sure
your eyes are open when the sun starts to
rise."* Anthony deMello, SJ

Registration:

- E-mail to: mtyrer@stmonicanyc.org
- Or phone: 212-288-6250