

Meditation

Lunch

Crafts

Workshops

Walking

Speakers

Living in the Sunlight of the Spirit

ACCEPTANCE • CHANGE • INSPIRATION

San Diego County CEA-HOW 26th Birthday
One Day Retreat at Mission San Luis Rey

Saturday, October 18, 2025

10:00 AM to 4:00 PM • \$40 Including Lunch

Join us for a fun day of speakers, sharing, workshops and fellowship.

*Please RSVP as soon as possible to
Karen S. at 619 972-3520 (limited space)*

*When you RSVP she will give you her address so you
can send a check, cash or you can pay with
Venmo or Zelle.*

**We look forward to seeing you
at the retreat**



4050 Mission Avenue, Oceanside, CA 92057