

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.*

**New this Year!**

**Overnight Accommodations Available**

Room rates are:

\$125 for single room, \$10 for shared room  
(both options include 3 meals)

Spaces limited, register early

For reservations call 760 757-3659

or email [retreats@sanluisrey.org](mailto:retreats@sanluisrey.org)



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