



FOR IMMEDIATE RELEASE

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### **School Sisters of Notre Dame invite single women to retreat in San Antonio**

(December 4, 2023) – The North American Vocation Team (NAVT) of the School Sisters of Notre Dame (SSND) invites single women ages 18-45 to a discernment retreat February 23-25, 2024, at the Seraphic Sisters Retreat Center in San Antonio, Texas. More information and registration is available at [ssnd.org/events/retreat224/](https://ssnd.org/events/retreat224/).

The theme of the retreat is “Caught up in God’s love: Listening to the call.” The weekend will include time for both personal and communal reflection. Sessions will provide an opportunity to learn – through conversation, contemplation, prayer and spiritual guidance – how to recognize God’s invitations in your life.

**Pre-registration by February 9 is requested.** There is no cost for participation in the retreat. Private rooms with restroom are provided; all meals are included. Some assistance with transportation costs may be available if needed. Please email [sisters@ssnd.org](mailto:sisters@ssnd.org) or call 314-633-7026 with any questions.

“There is a particular gift to giving yourself space and time for God outside of your normal routine and environment, often opening yourself to grace in a new way,” said Sister Stephanie Spandl, SSND, a member of the NAVT. “This discernment retreat is a chance to step back and sink more deeply into God’s love, the love that shapes who we are and what we do with our lives, and to do so in community with other young women and with our sisters.”

The NAVT accompanies young adults as they discern God’s call while informing them about religious life and especially the mission and charism of SSND, an international community of almost 2,000 women religious founded in Bavaria in 1833. The SSND mission is to proclaim the Good News, directing their entire lives toward that oneness for which Jesus Christ was sent. Continuing the sacred work of their foundress, Blessed Theresa of Jesus Gerhardinger, School Sisters of Notre Dame transform the world through education, giving special emphasis to women, young people and those who are poor. Learn more at [ssnd.org](https://ssnd.org).

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