

SATURDAY
JULY 11, 2026

When life goes on
**SOWING SEEDS
OF HOPE**

Led by:

Valeria Chow & Sue Ballotti

“The most precious opportunity presents itself when we come to the place where we think we can't handle whatever is happening”.

Pema Chödrön

Summer carries a quiet invitation — longer days, open skies, and the gentle reminder that the world keeps turning, even when ours has been upended. This retreat creates a warm and welcoming space to begin finding your way back to yourself.

Using art, discussion, video and story, Valeria and Sue lead a gentle and compassionate day of simple rituals and practices designed to help you move from surviving to slowly, gently thriving.

Whether touched by grief, unexpected loss, disconnection, or simply the weight of a life that looks different than you planned, come as you are.

Together, we explore the dual nature of grief and joy, anger and gratitude, loneliness and solitude — and discover how, even in loss, seeds of hope and wholeness can take root. Like summer itself, this day reminds us: light returns, and so can we.

Saturday, July 11, 2026
9:00 am - 3:00 pm

\$75 Per Person
Lunch Included

**REGISTER
ONLINE**



Register online or contact José at 310-377-4867 ext. 250, jsalas@maryjoseph.org

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