

AUTUMN TREES LET GO



HOSTED BY: MARK MITCHELL, LMFT

Trees don't lose their leaves because they're dying — they let go so they can survive winter and prepare for new growth. Letting go, and letting God, is one of nature's clearest teachings. Spiritual maturity often comes down to discerning what to hold onto and what to release.

Wherever you are in your own life cycle, this retreat invites you to explore what kind of tree you are, what season your tree is in, and what God may be inviting you to release.

Visit www.MarkMitchellhelps.com

What to expect:

- Discover what kind of tree you are and what season your life is in right now.
- Explore what God is inviting you to release, and how to trust the process of letting go.
- Reflect on what remains, and what grows, after the leaves fall.

Mark Mitchell, LMFT, has worked for over 40 years as a coach, educator, and psychotherapist. A retired adjunct faculty member at Loyola Marymount University's Center for Religion & Spirituality, he coaches individuals, groups, and companies on nature, the life cycle, and resilience.

SATURDAY

Oct. 17, 2026

9:00 AM - 12:00 PM

\$50 Per Person

\$20 Optional Lunch

Immediately Following Event

**REGISTER
ONLINE**



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

MARY & JOSEPH RETREAT CENTER 5300 CREST ROAD, RANCHO PALOS VERDES, CA 90275