2ND FRIDAY
Adoration and Benediction with Blessed Sacrament (Main Chapel) 1:05-2:00 PM

5TH MONDAY
Meditation (Ladies) 1:15 PM

7TH WEDNESDAY
Meditation (Ladies) 1:15 PM

8TH THURSDAY
Eucharistic Adoration and Benediction with Blessed Sacrament (Main Chapel) 1:05-2:00 PM

10TH SATURDAY
Recollection (Ladies) Blended i.e., physical and online 1:05-2:00 PM

12TH MONDAY
Meditation (Ladies) 1:15 PM

13TH TUESDAY
Recollection (Men) online 6:00-7:30 PM

14TH WEDNESDAY
Meditation (Housekeeping & Catering Depts.) 9:45 AM
Meditation (Men) 1:15 PM

15TH THURSDAY
Eucharistic Adoration and Benediction with Blessed Sacrament (Main Chapel) 1:05-2:00 PM

16TH FRIDAY
Imposition of the Scapular of Our Lady of Mt. Carmel after Mass. 1:05-2:00 PM

19TH FRIDAY
Meditation (Ladies) 1:15 PM

21ST WEDNESDAY
Meditation (Housekeeping & Catering Depts.) 9:45 AM
Meditation (Men) 1:15 PM

22ND THURSDAY
Eucharistic Adoration and Benediction with Blessed Sacrament (Main Chapel) 1:05-2:00 PM

26TH MONDAY
Meditation (Ladies) 1:15 PM

27TH TUESDAY
Recollection (Ladies) 9:00 AM-1:00 PM

28TH TUESDAY
Meditation (Housekeeping & Catering Depts.) 9:45 AM

29TH THURSDAY
Eucharistic Adoration and Benediction with Blessed Sacrament (Main Chapel) 1:05-2:00 PM

RETREATS

Women
Retreat for ladies 08-11 July at Tigoni Study Centre
Retreat for ladies 22-25 July at Tusimba Study Centre

Men
Retreat for men 22-25 July at Tigoni study centre
Retreat for men July 29-01 August at Tusimba study centre
Retreat for University and college students 22-25 July at Tigoni House