

*A Day*  
**"Retreat of Joy"**  
*on Zoom*

**"Living the Six  
Principles in our  
Daily Lives  
with the  
Supreme Ultimate"**



*ESSENCE*, Original Painting by S. Rebecca J. Shinas, OP

**T'ai Chi Chih together through the day with  
Pause for Joy, Reflection and Conversation**



Jointly shared by  
Sandy McAlister and  
S. Becky Shinas, OP

**September 26th, (Saturday), 2020**  
**9:00am – 4:00pm**

\$50.00 per person  
Maximum: 48 participants  
Students and Teachers Welcomed

Please  
register  
by  
September  
19th

**(Please register by September 19th)**

Host is S. Becky at [rebecca@stsimon.org](mailto:rebecca@stsimon.org) or call 510.299.8635 for reservations.

Checks payable to "Dominican Sisters" addressed to S. Rebecca Shinas, OP, 43326 Mission Circle,  
Fremont, CA 94539 or PayPal or Venmo, url [rebecca@msjdominicans.org](mailto:rebecca@msjdominicans.org)