



TOTALLY GIVEN

...to His Heart

Discernment Retreats

Discover the beauty of religious life, the gift of Carmelite Spirituality, and the freedom of opening your heart to the unique plan God has for your life.

November 20 – 23, 2025
Alhambra, California

March 13 – 15, 2026
Miami, Florida

March 20 – 22, 2026
Wheatridge, Colorado

May 21 – 24, 2026
Alhambra, California



For more information or to register,
visit our website: bit.ly/vo25-disc_ret

Carmelite Sisters of the Most Sacred Heart of Los Angeles
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