



Your Story, Your Legacy: Reflections Into the Heart of Who You Are
Friday, July 4th at 4:00 pm – Sunday, July 6th at 1:00 pm
At The Star of the North Retreat Centre in St. Albert

Within each of us is a divine treasure, and if we hope to discover it, we need to go deep into the heart of who we are. Meister Eckhart, Dominican Friar

Deep in your soul is the story of who you are. In our weekend of guided reflections, we will help you open your heart to that story and discover the treasure that lies within. Following the wisdom teachings of Meister Eckhart, Fr. Thomas Keating and Fr. Richard Rohr, we will begin the spiritual journey of self-discovery, stepping into the light to better understand God's grace in our lives. We will engage you in a thoughtful and inspiring look at the stories of how you came to be the person you are, and the qualities of your life that are your true gift ... and your legacy to future generations.

In our sessions together you will have the opportunity to:

- Explore the life lessons that have made you stronger, wiser, and truer.
- Discover the value you have created in your life that will be meaningful to others.
- Connect with like-hearted others in a way that is affirming, encouraging, and healing. We'll practice the sacred art of quiet listening, allowing one another to bring forth what is true and alive in them.
- Gain a deeper understanding of what matters most in your life, and how you want to be remembered.
- Leave with essential tools for making decisions and having conversations with loved ones about your legacy.

Register at www.starofthenorth.ca/legacy or call 780-459-5511

Registration Limited. Early Registration Deadline is May 20, 2025.

REGISTRATION INFORMATION:

Early Commuter \$445
(includes Friday supper, Saturday lunch & supper, Sunday lunch)

Early Live-In \$545
(includes two-night stay and all weekend meals)



WHAT PARTICIPANTS ARE SAYING:

“Mary has put together a beautiful program on how to find clarity and meaning in your life and write your legacy story for loved ones.”

“The Legacy Retreat was stimulating, inspiring, and empowering.”

“Mary’s loving, sensitive communication style made the meditations and reflections deeply moving. It was just a beautiful experience.”

“The fellowship and insights I received through the reflections, writing and sharing were invaluable.”

“Mary welcomed us all warmly and held space for all of us to be heard.”

“Each topic we were given for reflection was amazingly intentional, and deeply meaningful.”

“The Legacy Retreat was absolutely world class, and I have been to some of the best retreats in the world.”

ABOUT OUR FACILITATORS:

Mary Price Dunn



As a distinguished leader in the nonprofit sector, Mary pioneered programs to engage people – just as they are – in courageous and hopeful change. While serving as CEO of a charitable foundation, she developed a groundbreaking grassroots initiative to help people build stronger, healthier communities in the rural towns of New Mexico. The program continues changing lives today.

Mary now focuses on the spirituality of aging and legacy. She is the creator of *The Legacy Workshop*, *Your Story, Your Legacy: A Full Sensory Exploration*, and *Your Story, Your Legacy: Reflections into the Heart of Who You Are*. She has been leading workshops and retreats for many years. In Mary’s words, “As human beings, we long to be seen and understood for all that we are and what we are becoming. We want to know that the value we are creating in our lives will be meaningful to others – that it will be a gift, our true legacy to future generations.”

Alanna Mack

Alanna’s interests the last ten years have focused on mindfulness and spirituality, and she follows a daily practice of centering prayer and meditation. Alanna is retired from a successful CPA practice, having worked extensively with clients on estate planning, and helping them understand and manage finances after the loss of a loved one. Alanna brings to these retreats a wonderful balance of financial wisdom and a spiritual understanding of legacy.