

THE HAMILTON DIOCESAN COUNCIL  
INVITES YOU TO

# A Spiritual Retreat

AT  
MOUNT CARMEL  
NIAGARA FALLS

*“Under  
Mary’s Mantle  
We Find Peace”*

PRAY • REFLECT  
RENEW • BELONG

*Be still...  
Be renewed...  
Be with Mary...*

## Mary’s Mantle

A PLACE OF  
WELCOME, PROTECTION  
AND GRACE

*Facilitated by*  
**Teresa DiFalco**

Teresa DiFalco is a prominent Canadian Catholic leader, retreat facilitator, and professional governance strategist who serves as the Ontario Provincial Secretary for The Catholic Women’s League of Canada, the Hamilton Diocesan Past-President, and a Board Member and Governance Specialist for the Catholic Women’s Leadership Foundation of Canada, utilizing her professional designations in Catholic Theology, Church Liturgy, and Church Doctrine to specialize in Marian Dogma and servant leadership.

*“May we always run to Mary,  
for she is our sure refuge and a gentle guide  
who leads us to Jesus.”*

— Saint Pope John Paul II

### RETREAT DETAILS

- A peaceful setting for prayer, reflection and renewal
- Inspiring talks and guided reflections
- Anointed music healing vigil
- Opportunities for fellowship and friendship
- Nourishing meals and comfortable accommodations

**COST: \$360 PER PERSON**

*(Includes 2-nights accommodations,  
meals, snacks, and the full retreat program)*

### LOCATION

**Mount Carmel Spiritual Centre**

7020 Stanley Avenue

Niagara Falls, ON L2G 7B7

*A sacred place...*

*A welcoming community...*

*A time to encounter God  
under Mary’s loving care.*



#### WHEN

Friday, November 6, 2026  
at 5:00 p.m. –  
Sunday, November 8, 2026  
following lunch



#### WHERE

**Mount Carmel  
Spiritual Centre**  
Niagara Falls



#### FOR WHOM

All Members of the  
Hamilton Diocesan  
Council

Join us for a grace-filled weekend of prayer, reflection, fellowship and spiritual renewal, centred on our Blessed Mother and the beautiful symbol of her mantle — a sign of her maternal love, protection and intercession.

**TO REGISTER, PLEASE CONTACT**  
Diocesan Past-President Teresa DiFalco  
at [teresa.difalco.cwl@gmail.com](mailto:teresa.difalco.cwl@gmail.com)

*Space is limited and will be booked on a first-come, first-served basis.*



*Together in Faith  
Under Mary’s Mantle*

HAMILTON DIOCESAN COUNCIL  
THE CATHOLIC WOMEN’S LEAGUE OF CANADA

*Women of Faith • Building a Brighter Tomorrow*

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HAMILTON DIOCESAN COUNCIL