



# Notre Dame Spirituality Center

As the sunflower turns to the sun, turn always to God. *Saint Julie Billiart*

**You are invited!**

## Healing the Healers Retreat

An annual gathering for Notre Dame de Namur health care staff.

### **Healing from Compassion Fatigue:**

*A gathering to acknowledge our emotional load and find rest.*

**May 7-9, 2026 | Notre Dame Spirituality Center, Ipswich, MA**

**Friday: 9 am-4 pm**

**Saturday: 9 am-1 pm**

A day of prayer, reflection, and community for all staff members of Sisters of Notre Dame de Namur health care centers. You are invited to join us for one or both days, with the option to spend one or two nights at the beautiful Notre Dame Spirituality Center in Ipswich, MA. Enrichment activities are offered on Friday afternoon, including yoga, art projects, and nature walks.

People of all faiths and religious backgrounds are welcome.



*The retreat will be led by Sister Bárbara Gutiérrez, SNDdeN. Sister Bárbara lives in Everett, MA and serves as the special assistant for ministerial personnel for the Archdiocese of Boston. A native of Mexico City, Sister Bárbara has worked in HR, education, and pastoral ministries.*



The option to spend the night at the retreat center Thursday or Friday is available on a first come first served basis. Breakfast and lunch are included. Dinner is not provided for overnight guests, but there are several local restaurants nearby. The retreat is free of charge for employees of SJB, Julie House and Notre Dame Health Care Worcester.

**Register by April 20, 2026.**

Please contact your supervisor or administrator before you register. Use QR code to register online.



**Contact: Julie Dowd, Sponsorship Office | [jdowd@ewsndden.org](mailto:jdowd@ewsndden.org) | 978-380-1385**