



Diocese of Sacramento

Healing and Hope

Annual Parish Staff Retreat

Inspired by the USCCB's mental health campaign, this day helps parish staff and ministry leaders step away from daily demands for spiritual renewal and practical learning. We'll reflect, share, and build skills to support those facing mental health challenges—so our parishes are places of care for all. Retreat sessions will be offered in BOTH English and Spanish.

When: Friday, Feb 6, 2026

9am - 4pm

Where: Divine Savior Parish
9079 Greenback Ln, Orangevale, CA 95662

Cost: \$40 per person

Registration and more information at
<https://www.scd.org/event/annualstaffretreat>

SCAN ME





Diócesis de Sacramento

Sanación y Esperanza

Retiro anual para personal parroquial

Inspirado en la campaña de salud mental de la Conferencia de Obispos Católicos de los Estados Unidos (USCCB), este día ayudara al personal parroquial y a los líderes de ministerios a desconectarse de las exigencias diarias para renovarse espiritualmente y aprender técnicas prácticas.

Reflexionaremos, compartiremos y desarrollaremos habilidades para apoyar a quienes enfrentan desafíos de salud mental, para que así nuestras parroquias sean lugares de cuidado para todos. Las sesiones del retiro se ofrecerán tanto en inglés como en español.

Cuándo: Viernes, 6 de febrero de 2026, de 9am a 4pm

**Dónde: Divine Savior Parish
9079 Greenback Ln, Orangevale, CA 95662**

Costo: \$40 por persona

Inscripciones y más información en
<https://www.scd.org/event/annualstaffretreat>

SCAN ME





Diocese of Sacramento

Healing and Hope

Annual Parish Council Retreat

Inspired by the USCCB's mental health campaign, this evening helps parish pastoral councils step away from daily demands for spiritual renewal and practical learning. We'll reflect, share, and build skills to support those facing mental health challenges—so our parishes are places of care for all.

When: Thursday, February 5, 2026

5:30 - 8:30pm

Where: Your Parish

Once registered you will receive a link to share with your council.

SCAN HERE



Register your parish using
this QR Code or
<https://bit.ly/3LEWsUr>

www.scd.org