

What is a Retreat?

- ❖ A time for you and God
- ❖ A time to escape daily pressures of society
- ❖ A time for prayer
- ❖ A time for new possibilities
- ❖ A time to be thankful
- ❖ A time for clearer thinking

You will not be asked to do anything that makes you uncomfortable. Although you will be guided throughout the day, this is your opportunity to make the retreat whatever you need it to be.

