

“Do not be afraid. Do not be satisfied with mediocrity. Put out into the deep and let down your nets for a catch.”

~St. Pope John Paul II

WHAT IS A RETREAT?

A retreat is just as the word suggests, time taken out of day-to-day life to relax and to reassess and rejuvenate your life, both physically and spiritually. A retreat is not just for a certain kind of person. They are used by all kinds of ordinary people at different stages in their life. When you feel that need to get away from it all, a retreat is the answer.

A retreat means different things to different people, some see a retreat as a chance to regain physical and spiritual health and other see a retreat as a chance to refocus the efforts they are currently making.

ARE YOU READY TO REFRESH, REJUVENATE AND DEEPEN YOUR RELATIONSHIP WITH GOD?

“Where there is peace and meditation, there is neither anxiety nor doubt.”
-St. Francis de Sales

Individual motivations for attending a spiritual retreat are as diverse as the topics and speakers available at them. Regardless of your journey, taking the plunge and removing yourself from the daily demands of your usual routines and surrounding yourself with likeminded souls, in a calm, inspirational environment will have a wonderful impact on your health, wellness, and eternal joy.

“If I had understood, as I do now, that in this little palace of my soul dwelt so great a King, I would not have left Him alone so often.”
-St. Teresa of Avila

Why do I need a Spiritual Retreat?

Learn why taking time away will help you grow in your personal relationship with Jesus Christ..

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Spiritual Retreats

BENEFITS OF A RETREAT

The benefits are endless, but mainly it is a moment to escape the day-to-day life and stress that day-to-day life brings. It is time to spend a weekend or a few days away centering your focus on your soul and the personal relationship you have with our Triune God. Any amount of time taken away from the norm brings refreshment and a renewed outlook. A retreat is time clear your mind, free yourself from distractions and allow you to be able to truly listen to God.

Lots of people also go on a retreat to meet people with similar interests. So it is the perfect opportunity to meet friends and join a community with the same faith.

A retreat gives you time to relax deeply and therefore rejuvenating the mind and soul. It also gives time to reflect on life and many people find they make positive changes to their life when they return home. It is a time for some people to find meaning and make changes needed to make improvement on their day-to-day life.

Another benefit of a retreat is to practice your faith in a supportive environment. It is an opportunity to enhance your knowledge of your beliefs and time spent in prayer..

“Come to me, all you who are weary and burdened, and I will give you rest.”

-Matthew 11:28

“The Lord will fight for you; you need only to be still.” -Exodus 14:14

The bible says that we must be still for God to fight for us. Stillness is necessary if we really want to know God and allow Him to do His good works through our lives. God wants all of His children to learn the important discipline of stillness and silence in their lives.

A retreat is a perfect way of quieting down your activity and stopping the chaos of your daily routine. Retreats are a perfect way to remove your barriers and enter into true communion with His Spirit.

“Be still, and know that I am God” -Psalm 46:10

A retreat is where we can take time to commune with God heart-to-heart and spirit-to-spirit. This will not happen by chance, we must give time for this and understand its' value.

This communion with God allows us to truly reflect on God's nature and His divine love for us. We learn to live out the Greatest Commandment as Christ told us.. *“And he said to him, ‘You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And the second is like it: You shall love your neighbor as yourself.’”* Matthew 22:35-39

“Teach me, and I will be silent; make me understand how I have gone astray.” -Job 6:24

A retreat offers a unique opportunity for you to learn new aspects of your faith through gifted and very devout members of your Catholic community.

Retreats typically consist of speakers and presenters who are called to share their faith with others. Retreats often include specialized prayer experiences, meditation, Sacred Scripture, Sacred Devotions, and other directed prayers to assist you in deepening your experience.

Through the various sessions or activities at a retreat you become equipped with the necessary information and skills needed to retain the deep relationship with Jesus after your retreat is over.

“My soul thirsts for God, for the living God. When can I go and meet with God?”

-Psalm 42:2