



Join other young adults from around our diocese for one day or the entire weekend!

Take time away from the busyness and stress of your life to pray, be silent, be in communion with others and enjoy nature

Let your soul BREATHE!

Design your retreat your way!

Choose to:

Attend workshops

Engage in communal prayer with the Benedictine monks who live there

Take a prayerful hike

Sit in Adoration of the Blessed sacrament in the Crypt chapel

Say the rosary with other participants

Engage in evening fellowship with other young adult attendees

BREATHE

RETREAT FOR YOUNG ADULTS

**Mt. Saviour Monastery, Pine City, NY
September 21-23, 2018**

Overnight Accommodations available on a first come/first serve basis and includes:

Friday Evening Arrival/Saturday Meals and Sunday breakfast for \$85.00

One Day Only (Saturday) Cost with day's meals: \$20.00



ONLINE REGISTRATION/PRE-REGISTRATION IS REQUIRED:
<https://conta.cc/2GumbYx>

CONTACT LESLIE BARKIN @DOR.ORG WITH QUESTIONS

