

Devote yourselves to prayer,  
keeping alert in it with thanksgiving.

Col. 4:2

# Women's

- SPIRITUAL EXERCISES RETREAT -

October 11-13, 2024

Led by Fr. Stephen Ellis, LC

## RETREAT DETAILS

### WHAT ARE THE "SPIRITUAL EXERCISES"?

The Spiritual Exercises are a long time practice of the Church, established by St. Ignatius of Loyola, that leads you through the story of salvation and helps you to make it your own. This silent retreat has been a turning point for many, moving from **knowing about** God, to **knowing Him** in a personal vital way, and becoming aware of His voice, as the Good Shepherd who knows you and guides you.

## REGISTRATION OPEN

Visit [www.rcnorthcarolina.org/women](http://www.rcnorthcarolina.org/women)

Or Scan QR Code

Space Limited. Register by Aug. 31st.

\$350 single/\$290 double

Payment Plan Available



- Open to women 18 and older.
- Mothers with nursing babies welcome.
- Check in 3 pm to 5 pm Friday
- Depart 2 pm on Sunday
- Meditations, Mass, Adoration, opportunities for Spiritual Direction and Confession, personal prayer and rest time.
- Single or Double occupancy, private bedroom and bath with linens and towels.
- Friday dinner through Sunday lunch provided, plus plenty of snacks! Most dietary needs are accommodated.

## WHERE:

ST. FRANCIS SPRINGS  
PRAYER CENTER  
STONEVILLE, NC

Contact Sue Perez with questions:

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