

PEACE! Be still...  
- Mark 4:39

## Young Women's Spiritual Exercises Retreat ~ October 25 - 27, 2024 ~

Location: St. Francis Springs Prayer Center, Stoneville, NC

Led by: Fr. Stephen Ellis, LC    Ages: 18-35    \*Cost: \$290+

~ Register by: Sept 1st ~

*\*Monthly payment plans & limited need-based discounts available*

### Practical Info:

Dates/Times: Check in 3pm-5pm on Friday. Depart at 2pm Sunday.

Events: Meditations, Mass, adoration, opportunities for spiritual direction & Confession, personal prayer/rest time.

Rooms: Single rooms & double rooms available

Meals included: Friday dinner to Sunday lunch, plus lots of snacks!  
We can accommodate most dietary restrictions with advanced notice.

### What are the "Spiritual Exercises"?

The spiritual exercises are a long time practice in the Church, established by St. Ignatius of Loyola, that leads you through the story of salvation & help 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, & becoming aware of his voice, as the Good Shepherd who knows you & guides you.

**LIMITED SPACE! >>> [Click here to register](#)**

Contact Ashley Olik with questions  
ashley.olik@gmail.com

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