



Step Away. Breathe Deep. *Begin Again.*

Life moves fast—emails, meetings, family, noise. When was the last time you gave yourself **space to rest and listen?**

Gonzaga Eastern Point Retreat House (a ministry of the Society of Jesus) invites you to a 3-Day Guided Silent Retreat — a gentle introduction to Ignatian spirituality and contemplative prayer, **designed for those who can't take a full week away but long for the peace of stillness. No experience is necessary!**

During this weekend, you'll enjoy:

- **Unhurried time** for rest, prayer, & reflection
- Daily meetings with a **spiritual director**
- Guidance in **contemplative prayer**
- Quiet moments along our **gorgeous Atlantic shore**
- **Daily Mass** and the Sacrament of Reconciliation are offered

Leave with a renewed sense of clarity, peace, and connection with God — and a glimpse of what a longer retreat can offer.

UPCOMING 2026 RETREATS
March 5–8 • May 28–31 • August 20–23

Learn more and register using the QR code or at easternpoint.org

