

Plan a Parish Lenten retreat on Prayer and Thanksgiving for the gift of Christ on the cross.

What is a retreat? Most of us know about vacations, a time for relaxation, reenergizing the spirit, and letting go of problems and struggles in life.

When you go on a vacation, you go to a place where you can be refreshed.

A retreat operates in the same manner; the only difference is the focus is on *spiritual renewal*: **A Vacation for the Soul.**

KINDS OF RETREATS



Preached or conference-type retreats: For larger groups the retreating experience usually centers around a central theme: prayer, sacred scripture, the life of Jesus, holiness and marriage, women's/men's spirituality. A presenter or retreat leader provides intervals of talks and periods of reflection or of optional personal sharing. You will be gone from Friday to Sunday afternoon, and you'll feel like you have been away for a week's vacation.

Married Couples retreats: From time to time many retreat centers provide a program focused on the needs of married couples. The format is similar to the conference retreat, but the experience provides opportunity for the couple to reflect on their gift of married life to each other, and an occasion to talk together about it.

Guided retreats: In this form, smaller groups (five or more persons) gather for a daily conference together, and then are on their own the remainder of the day. They meet individually with a director for personal consultation.

Directed retreats: For those seeking a more extended retreat experience there is the option of a retreat period as long as 30 days. The daily time of prayer is measured by the person's personal need and experience. The retreatant meets daily with a director who facilitates the experience of prayer and personal growth.

Retreat in daily life: In this format, the retreatant remains engaged in ordinary daily activities at home or at work, but makes a commitment to an hour of daily prayer usually based on sacred scripture. The retreatant meets with a director every other week for an hour. The retreat may last as long as six to eight months.

Retreats for younger people: Retreat centers have a great reputation for providing an exciting place for programs for young adults. Many parishes and schools design their own programs for a healthy occasion to affirm, challenge and celebrate with young people. Arrangements should be made early to assure the dates of your choice.

Focused topics for retreat: the variety of retreat or seminar topics is almost endless. Personal growth programs include such topics as dealing with loss, gender issues, retreats for those with addictions, seminars focused on ecology, peace and justice issues, aging, single parenting, personality types, coping with stress. Contact a center near you for the topic of your interest. A few centers even have family retreats!

Bring your group to a retreat center: If you are looking for a quiet setting for parish meetings, workshops, seminars or renewal programs, you will find the reflective environment of a retreat center most suitable for adult education and organizational development work. Midweek dates and evening programs will be hosted in a relaxed setting both convenient and productive.

What does it cost? Each center has a suggested offering for the different kinds of retreats. Of course, the length of your stay at the retreat center, the number of meals included, and the personal meetings with a director all affect the cost. We suggest that you ask the center when you make your choice of the kind of retreat you will be making. Some centers suggest a specific fee, others ask for an appropriate donation.

Location: Most large metropolitan areas have a retreat center within driving distance. In the United States and Canada there are over 600 centers. Each location has its unique characteristics and a rich heritage and style of spirituality.

<http://www.retreatsintl.org/experience.htm>

Retreat Centers Diocese of Green Bay

The Bridge Between Retreat Center

4471 Flaherty Dr
Denmark, WI 54208-8627
(920) 864-7230
Director: Sr. Caroline Sullivan, OP
Admin. Asst.: Ms Diane Eparvier
A Dominican Spirituality Center for men and women of all faiths and beliefs.

Mount Tabor Center

522 Second St
Menasha WI 54952-3112
(920) 722-8918
Administrator: Edon Foord
Youth Minister: Catherine Foord
Residential community, spiritual formation, retreats, programs for the young adult.

Holy Name Retreat House

Chambers Island (Door County)
PO Box 23823
Green Bay WI 54305-3825
(920) 437-7531
Administrators: Ben & Char Duran
Conducted by the Diocese of Green Bay

Jesuit Retreat House

4800 Fahrwald Rd., Hwy 45
Oshkosh, WI 54902-7598
(920) 231-9060
SOCIETY OF JESUS
Dir: Rev. John A. Schwantes, SJ
Center for Spiritual Growth.

Monte Alverno Retreat Center

1000 N Ballard Rd
Appleton WI 54911-5198
(920) 733-8526
CAPUCHIN FRIARS
Dir: Rev. Keith Clark OFM Cap
(Men & Women)

Norbertine Center for Spirituality

St. Norbert Abbey
1016 N Broadway
De Pere WI 54115-2610
(920) 337-4315
Dir: Rev. Conrad Kratz

St. Anthony Retreat Center

300 E 4th St
Marathon WI 54448
(715) 443-2236
Sponsored by the Capuchin-Franciscans
We welcome all who seek God, spiritual growth and religious experience.

St. Joseph Retreat Center

3035 O'Brien Rd
Bailey's Harbor WI 54202-9132
(920) 839-2391
PRIESTS OF THE SACRED HEART
Admin: Br. Raymond Kozuch SCJ
Retreat Dir: Rev. Mark Fortner SCJ, Rev. Joseph Dean SCJ, Sr. Lorraine Aspenleiter, SSSF
We are a Catholic center that extends hospitality to all who seek God.