



## Redemptorist Renewal Center

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### Renew and Share: A Retreat for Spiritual Directors with *Rabbi Helen Cohn and Greg Foraker* Oct. 25-27, 2009; May 23-25, 2010

The practice of spiritual direction is life-giving for director and directee. Yet much of the director's energy is oriented outward, to the people we listen to with such attention. Occasionally we need to pause to regenerate our energy and to reflect on our practice.

This interfaith retreat offers just such an opportunity: a tranquil setting for renewal, reflection, and sharing with other Spiritual Directors. The retreat will be a spacious blend of silence, prayer, talking with other participants about our practice, and leisure time.



Tucson Mountains

The Redemptorist Renewal Center at Picture Rocks is a desert sanctuary nestled in the foothills of the Tucson Mountains and the beautiful Sonoran Desert. Its location, away from the noise and commotion of the city, is a natural setting for a retreat that brings us closer to the Divine and our own inner calling.

Rabbi Helen Cohn lives in Tucson where she offers Spiritual Direction. She completed the Spiritual Directors' Institute at the Mercy Center in Burlingame, CA. Greg Foraker also calls Tucson home and serves as Director of Adult Formation Ministries at St. Philip's In The Hills Episcopal Church. Greg completed training for Spiritual Direction at Washington Theological Union in Washington, DC. Both Helen and Greg are on the faculty of the Hesychia School for Spiritual Direction and are experienced retreat leaders.

The retreat begins at 5:00 pm Sunday afternoon, May 17, and concludes at 1:00 pm Tuesday, May 19. Contact the Redemptorist Renewal Center to extend your retreat with an early arrival on Saturday, May 16.

The retreat fee of \$200 includes all meals and a single-person room. Commuter rate is \$90 per person.

For more information, please contact RRC  
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