

‘Come to the desert and rest awhile.’

# Women at the Well

## An overnight retreat for women

- nourishing spirit and body and mind

March 9-10, 2012 (4:30 p.m. Friday-5:00 p.m. Saturday)

Traditionally, women gathered at the well, meeting and greeting others. They traveled from their homes to get news, share stories, and fill empty vessels with life giving water.

Lent is the perfect time to step away from the activity of our normal life and move into a space of quiet reflection. Soak in the peace and serenity of the Redemptorist Renewal Center during this overnight women's retreat offering:



- *spiritual sharing*
- *journaling*
- *communal and personal prayer time*
- *labyrinth walk*
- *lectio divina with music*
- *choice of massage therapy, gentle energy rebalancing, or spiritual direction*
- *three sumptuous meals; private room*
- *use of facilities including chapel, library, bookstore, pool and common quiet room*

Cost for the retreat is \$125.00

If you wish to upgrade a massage or energy session from a 1/2 hour to an hour session, please add \$25.00

If you wish to schedule a second individual service, please add \$30.00

For more information or to register, please contact:

**THE REDEMPTORIST RENEWAL CENTER**

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