When we pray a commonly used prayer, like the Our Father, we sometimes say the words and don’t give a thought to the meaning. In this retreat, we will explore more deeply the meaning of the words especially in light of the fact that it is known as “The Lord’s Prayer.” Jesus gave it to us as a precious gift and we need to reflect on his words and what they mean.

Take some time to reflect on how the COVID-19 Pandemic has affected your life and the lives of those around you. Has this experience drawn you closer to God and others? During this time together, we will look at the lives of various saints who also lived through historical accounts of pandemics. How can we model our love of neighbor and family like these men and women to leave our own historical footprint in the upcoming year?

Ours Father

Retreat Leader: Fr. Martin, DeMeulenaere, OSB
When we pray a commonly used prayer, like the Our Father, we sometimes say the words and don’t give a thought to the meaning. In this retreat, we will explore more deeply the meaning of the words especially in light of the fact that it is known as “The Lord’s Prayer.” Jesus gave it to us as a precious gift and we need to reflect on his words and what they mean.

Listening to the Voice of God
(a silent retreat)

January 21-23, 2022
Retreat Leader: Fr. Paul Sheller, OSB
Step away for the weekend from the busyness and distractions of your daily life which often can make listening to God challenging. Quiet your mind and heart in order to be attentive to the ways God is speaking to you and is at work in your life. This silent retreat is structured to assist you in deepening your prayer life and fostering an encounter with Jesus Christ. The weekend retreat schedule includes three conferences, Eucharistic Adoration and the opportunity to celebrate the Sacrament of Reconciliation. (in person only)

St. Benedict’s Repair Kit for Modern Motorists

January 28-30, 2022
Retreat Leader: Fr. Daniel Petsche, OSB
Life’s journey requires navigation, repair and maintenance, and enough fuel to reach our intended destination. Can you use a tune up? What does the wisdom of St. Benedict have to say about dealing with life’s challenges?

Weekend Retreat costs: $180 for a private room, $160 per person for a shared room.
Hybrid Retreat costs: $25 per person
Calligraphy Retreat costs (includes supplies): $200 for 2 nights, $265 for 3 nights, $425 for week long.

If you are not able to afford the costs of any of our retreats, we still invite you to come and participate in the retreat, and pay what you can afford.
The Old, the Sick, and those of Little Understanding in the Rule of St. Benedict
February 11-13, 2022
Retreat Leader: Br. Thomas Sullivan, OSB
Mahatma Gandhi once famously stated: “The true measure of any society can be found in how it treats its most vulnerable members.” This measure may be taken not only of nations but of monastic rules as well. Our study of “The Old, the Sick, and those of Little Understanding in the Rule of Benedict” provides us with a “true measure” of how any society, including contemporary societies, could and should act toward its vulnerable members.

The Love of the Father: Our Identity as Sons and Daughters
February 18-20, 2022
Retreat Leader: Fr. Etienne Huard, OSB
In Jesus Christ we have been adopted as sons and daughters of a loving Father. However, our earthly experiences often damage that recognition and so we operate out of a sense of orphanhood, blind to the Father’s unconditional love. We will explore together how to practice mindfulness and awareness of God’s presence.

Are You Stable?
February 25-27, 2022
Retreat Leader: Br. Cyprian Langlois, OSB
Reflections on the Benedictine vow of stability as rootedness, steadfastness, faithfulness, and perseverance in our daily life as Christians. It’s not just for Monks!

Stop, Look, and Listen: Benedictine and Christian Watchwords
March 25-27, 2022
Retreat Leader: Br. Cyprian Langlois, OSB
Reflections on how to stop, as resting in the Lord; to look, as sharpening our faith-vision; to listen, as fine tuning our faith-hearing in our daily lives. See how to practice mindfulness and awareness of God’s presence.

Triduum Retreat: Holy Thursday, Good Friday, Holy Saturday and Easter Sunday
April 14-17, 2022
Join our monastic and seminary community for the most sacred holy days of the year. Rich liturgies, daily retreat talks, a Seder meal, time for silence and Lectio Divina will all be part of these days at the Abbey.

Calligraphy: Preparatory Retreat
March 18-20, 2022
Retreat Leader: Br. Michael Marcotte, OSB
Preparatory retreat for weeklong advanced retreat in May. Continuation of Lectio Divina practice and introduction to the Italic style of lettering. Friday evening through Sunday noon. (in person only)
Prerequisite: Lettering the Word Beginner’s Retreat

Calligraphy Advance: Bible Scripts (advanced)
May 30 - June 4, 2022 (Memorial Day Week)
Retreat Leader: Br. Michael Marcotte, OSB
Italic Chancery Cursive (cancellaresca corsiva) lettering and related illuminated letters. Daily Lectio Divina sessions. The week will focus on the Italic minuscules and capitals used in bibles during the Renaissance period. Monday evening through Saturday noon. (in person only)
Prerequisite: Lettering the Word Beginner’s Retreat, Calligraphy Preparatory Retreat

Stop, Look, and Listen: Benedictine and Christian Watchwords
March 25-27, 2022
Retreat Leader: Br. Cyprian Langlois, OSB
Reflections on how to stop, as resting in the Lord; to look, as sharpening our faith-vision; to listen, as fine tuning our faith-hearing in our daily lives. See how to practice mindfulness and awareness of God’s presence.

Hispanic Retreat: Come to the Father’s House and Let Us Be Fed by Christ!
June 10-12, 2022
Retreat Leader: Fr. Roger Schmit, OSB & Maité Rodríguez
This retreat will focus on the Celebration of the Eucharist. We will dive into the Mystery of the Eucharist to study it as a sacrificial meal and a source of intimacy with the Risen Christ and with each other. We will have the opportunity for Lectio Divina, Eucharistic Adoration and the Sacrament of Reconciliation.

Retiro Hispano: ¡Ven a la casa del Padre y seamos alimentados por Cristo!
10 al 12 de junio de 2021
Lideres del Retiro: Padre Rogelio Schmit, OSB & Maité Rodríguez
Este retiro se enfocará en la Celebración de la Eucaristía. Nos sumergiremos en el Misterio de la Eucaristía para estudiarlo como sacrificio y fuente de intimidad con Cristo Resucitado y los demás. Tendremos tiempo para practicar la Lectio Divina, la Adoración Eucarística y el Sacramento de la Reconciliación.

Annual Family Retreat: Living Life with the Saints
June 25-26, 2022
Retreat Leaders: Abbey Guest Center staff & monks
How can we model our family life after that of the saints? Come for a fun-filled family get away with lots of family activities and time with members of the monastic community.

Calligraphy: Lettering the Word Beginner’s Retreat
September 2-5, 2022 (Labor Day Weekend)
Retreat Leader: Br. Michael Marcotte, OSB
Introduction to the use of calligraphy as a means of Lectio Divina. Daily Lectio sessions. Throughout the weekend the retreatants will learn the Foundational hand (based on 10th century Carolingian script) using a felt-tipped calligraphy marker. Friday evening through Monday noon. (in person only)

Calligraphy: Follow-up Retreat
November 11-13, 2022
Retreat Leader: Br. Michael Marcotte, OSB
Continuation of daily Lectio Divina practice. Beginners are introduced to the use of ink pens. Friday evening through Sunday noon. (in person only)
Prerequisite: Lettering the Word Beginner’s Retreat

Hybrid Retreat Offerings
As the Abbey Guest Center continues to safely welcome guests to Conception, we invite you to attend one of our retreats, either in person or virtually. Many retreats in this brochure, excluding silent retreats and calligraphy retreats, will be offered in this hybrid option. Learn more by visiting www.conceptionabbey.org/guests or by emailing guests@conception.edu.