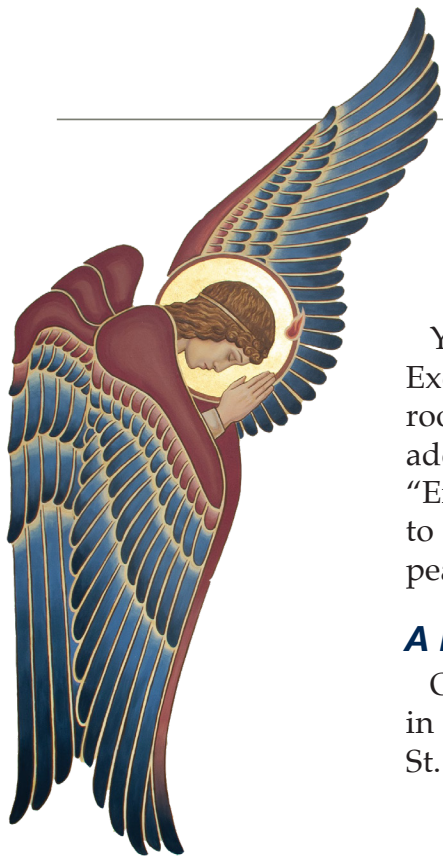


2024 *Encountering Christ* Retreats

BENEDICTINE SPIRITUALITY



You have most likely heard of Ignatian Spirituality and the Spiritual Exercises. Conception Abbey is now offering a series of retreats that are rooted in Benedictine Spirituality. These Benedictine Retreats focus on addressing the greatest hunger for today's Catholic and are aptly named, "Encountering Christ" retreats. The goal and purpose of these retreats is to help the retreatant encounter Jesus Christ in prayer and experience the peace that He alone offers.

A Benedictine Retreat

Our Benedictine Retreats draw from more than 1500 years of wisdom in the Benedictine tradition and are rooted in the principles outlined by St. Benedict in his Holy Rule.

The Structure of the Retreat

Just as a monk orders his day around the Work of God, our Encountering Christ Benedictine retreats have a specific format and structure. On these retreats you can expect:

- A consistent and stable retreat schedule and experience
- Four conferences given by a monk, intended to lead the retreatant to encounter Christ
- Participation in the Divine Office and Mass with the monastic community
- Specific times for personal prayer and lectio divina
- Adoration of the Blessed Sacrament and the Sacrament of Reconciliation
- Silence and a technology "fast"
- A rural and beautiful environment and the opportunity to walk the grounds

January 26–28 (*Women's*) | February 23–25 (*Men's*) | March 8–10 (*Women's*)
April 12–14 (*Men's*) | May 3–5 (*Men's*) | May 17–19 (*Women's*) | June 7–9 (*Women's*)



To learn more or make your reservation,
visit us online at conceptionabbey.org/guests
email guests@conception.edu,
or call (660) 944-2809.



CONCEPTION
Living the Benedictine Tradition
ABBAY GUEST CENTER