



## **Men's Retreat**

An opportunity to attend a weekend retreat at Notre Dame Retreat House, overlooking Canandaigua Lake, is offered to the men of the Parish each fall. Watch the bulletin for details.

### **40 Unusual Hours**

- Would you benefit from a weekend of prayer, reflection and friendship, and focus on your spiritual life?
- Would you like an opportunity to relax and let the Holy Spirit rejuvenate your sagging spirits?
- Would you like to spend time on beautiful Canandaigua Lake?

Would you like to get away from the stress of your everyday life?

**Here is some information about our retreat that you may find helpful:**

- Good Liturgies
- Inspirational Conferences
- Private Times in chapel or your own room
- Conference with a priest if desired
- Walks on a wooded hill-top overlooking Canandaigua Lake

Come, strengthen your roots so you might grow and bloom in your walk with Christ and others. The basic time frame for the weekend is 8:00 PM, Friday evening through Sunday Noon. We do ask that you get your room assignment and settle into your room by 7:30 PM on Friday. This allows a little time before starting the retreat experience.

Check with Notre Dame Retreat House for the pricing schedule for weekend retreats.

These are SUGGESTED donations. As always, our policy is that the fee should never deter anyone from coming on retreat. Notre Dame "Themed Retreats" is a Ministry of the Redemptorists of the Baltimore Province.

All are welcome and the committee can always use a few men to make posters for advertising and to phone those interested in attending. Consult the Bulletin in the fall for more details.