

# Retreat just for women

April 22 through April 25

San Damiano Spiritual Life Center  
White Post, Virginia

Accept Jesus' invitation to "*Come aside and rest awhile*" — His invitation to His Apostles when they were overwhelmed by their work and duties ...

Deadline  
April 20

## Pricing

April 22 to April 25 - \$325\*

The full experience includes single occupancy overnight accommodations for three nights, three meals on Friday and Saturday, and two meals on Sunday.

April 23 to April 25 - \$250\*\*

The weekend experience includes single occupancy overnight accommodations for two nights, three meals on Friday and Saturday and two meals on Sunday.

April 24 to April 25 - \$125

The overnight experience includes single occupancy overnight accommodations for one night, three meals on Saturday and two meals on Sunday.

Want to come just for the day?

Pay just \$30 per day for program and refreshments.

Sacred Heart of Jesus parishioner tuition discount:

\* \$100 for the full experience

\*\* \$75 for the weekend experience

SACRED HEART OF JESUS  
CATHOLIC CHURCH AND ACADEMY  
130 Keating Drive • Winchester, VA 22601  
sacredheartwinchester.org

## Lord, teach us to pray!

God created the human person for Holy Communion with Himself — eternally! Prayer is our attempt to know Him ... to love Him ... to embrace Him. But fallen human nature, the cares and distractions of our day-to-day lives, the ever-present reality of a "Culture of Death" about us, and the devil make deep, calm, quiet contemplative prayer difficult—or even impossible (so we think!)

### Wander ... ponder ... read ... sleep ... pray

The pace of daily life spent serving others can leave us feeling depleted and weary, with little time for fruitful prayer. "*Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her*" (Luke 10:41-42). Learn how to sit at the feet of the Master and refresh and renew your spirit.

For more information, call 540-662-5858



#### Meet the retreat leader

Fr. John Riley is parochial vicar at Sacred Heart of Jesus Catholic Church in Winchester, VA, and the chaplain for the San Damiano Spiritual Life Center. He is a former chaplain and faculty member at the Augustine Institute in Denver. Father will lead the program and be available for Confession, spiritual direction, and Mass.

# Lord, teach us to pray!

## Registration form

Name	Email address:
Street address	Phone number:
City/State/Zip	Home parish:

### Program Selection

#### Overnight accommodation packages (choose one)

- April 22 to April 25 - \$325** (\$225 for SHOJ parishioners)  
The full experience includes single occupancy overnight accommodations for three nights, three meals on Friday and Saturday, and two meals on Sunday.
- April 23 to April 25 - \$250** (\$175 for SHOJ parishioners)  
The weekend experience includes single occupancy overnight accommodations for two nights, three meals on Friday and Saturday and two meals on Sunday.
- April 24 to April 25 - \$125**  
The overnight experience includes single occupancy overnight accommodations for one night, three meals on Saturday and two meals on Sunday.

**OR**

#### Daily registration (optional: choose more than one)

- 
- Thursday - April 22 - \$30**
- Friday - April 23- \$30**
- Saturday - April 24- \$30**
- Sunday - April 25- \$30**

\$ \_\_\_\_\_

Total tuition due

SACRED HEART OF JESUS  
CATHOLIC CHURCH AND ACADEMY  
130 KEATING DRIVE · WINCHESTER VA · 540-662-5858

Emergency Contact:

Special dietary or medical needs:

#### To register

Complete this form and choose either one overnight accommodation package or one or more daily registration options. Return the completed form with payment to Sacred Heart of Jesus Catholic Church, 130 Keating Drive, Winchester, VA 22601. Registration is confirmed when payment is received.

#### Payment

**Pay by check made payable** to Sacred Heart of Jesus Catholic Church.

**Pay online** at [www.sacredheartwinchester.org/womensretreat](http://www.sacredheartwinchester.org/womensretreat). All major credit and debit cards are accepted.

#### Program schedule

The full schedule is available at [sacredheartwinchester.org/womensretreat](http://sacredheartwinchester.org/womensretreat)

#### Location

The retreat will be held at the beautiful San Damiano Spiritual Life Center, 125 Old Kitchen Road, White Post, VA 22663

**540-662-5858**