

Saint Leo Abbey Annual Fall Retreat

“The Spiritual Life”

Enter into The Mystery of Peace

Come to the Abbey and enter into the mystery of peace at our 2019 Fall Retreat, where we will explore the beauty and wonder of The Benedictine Way. We will learn how we can grow in faith and prayer through the Holy Mass, The Rule and continually forming our lives into a holy offering to God.

Retreat Schedule November 1 -3, 2019

Friday: P.M.

6:00

Check in / Room Assignments and Retreat materials / Second-floor lobby

7:00

Welcome and Introductions / Lake Room

Brother Giovanni:

7:15

John Cassian - Virtue and purity of heart / Lake Room. The ascent toward the mystery of prayer. This session is an introduction to John Cassian, his life, and his Conferences 9 and 10 on prayer.

Saturday: A.M.

7:00

Morning Prayer / Abbey church

7:30

Mass / Abbey church

8:00

Breakfast immediately following morning prayer / Dining room first floor

Brother Stanislaw

9:00

The Mass / Lake Room. Mass, the central act of worship in the life of a Catholic. All in one ceremony do we find directions on how to live a Catholic life. All Christians will enjoy learning how the Mass has influenced the contemplative life.

9:45

Break

Father Clement

10:00

Liturgy of the Hours/Divine Office / Lake Room. It is the public prayer of the Church. Its purpose is for the whole course of the day and night to be made holy by the praises of God.

10:45

Time for Reflection and Prayer

Saturday P.M.

12:00

Midday Prayer / Abbey church
Lunch immediately following prayer / Dining room
first floor

Brother Apollo

1:15

Introduction to the Rule of Saint Benedict / Lake room. Flexibility and versatility for a lifetime of holiness

2:00

Break

2:15

Tools of Good Works / Lake room

Interactive discussion on Saint Benedict principles for living in a family, living alone, work, stress, spirituality in a secular world, grief, facing end of life, and the joy of holiness.

3:00

Time for Reflection and Prayer

5:00

Evening Prayer / Abbey church

Dinner immediately following evening prayer

7:00

Recreation, snacks and “Ask the Monks” / Lake room

Contact Information exchange.

Sunday: A.M.

7:30

Morning Prayer / Abbey church

8:00

Breakfast immediately following morning prayer / Dining room

10:00

Mass – Abbey Church

11:00

Retreat ends – Pack and Home

Who Should Attend?

This retreat is designed for Catholic and Non-Catholic men and women who seek God in a deeper prayer life, avoid the traps of a secular world, and enter into the mystery of peace.

Cost

\$215 per person. \$115 per person if not staying overnight. Includes meals Saturday and also Sunday morning

For more information

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