

# 3 DAY RETREAT

## *Spiritual Exercises of St. Ignatius*

### **Men's Retreat**

December 7-9, 2018

### **Women's Retreat**

January 18-20, 2019

**Retreats begin Friday at 5 pm and end after lunch on Sunday**

Presented by

**Fr. Stephen Ellis, LC**

*Avila Retreat Center*

711 Mason Rd, Durham, NC 27712

**Cost:** \$225 per person in advance or  
\$250 within two weeks of retreat  
Materials, meals and linens included

Checks payable to ISIC with SPEX in the memo

**Mail registration and payment to:**

Patrice Guidry/ISIC, 110 Brant Point Place, Cary, NC 27513

**For questions:** email [Raleighregnumchristi@gmail.com](mailto:Raleighregnumchristi@gmail.com)

**Do you feel like your soul is tired and out of shape?** The

Spiritual Exercises will give you an opportunity to quiet your soul from daily distractions and focus on Christ.

**Can you imagine being silent for 3 days?** You will meet the

other attendees on Friday night with social time during arrival. Mass, Confession and Spiritual Direction will be available with a Legionary of Christ priest. There will be guided meditations with time for private reflection. This is an opportunity to listen and discern God's voice in your soul. **Take the chance to find out what the Holy Spirit has in mind for you!**



REGNUM CHRISTI

Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_