

- **Individual Spiritual Direction** (1 hour) by appointment only: \$25.00
- **All one day retreats** include light breakfast and lunch.\$40.00 per person
- **Spiritual Book Store & Gifts** Open Wednesdays from 10AM-6PM
- **Individual Private Day Retreat:** \$75.00
- **Be Our Guest for Overnight Retreats.** Call for info.

Registration Please print and send registration found online:[silentmeadowsretreat.com](http://silentmeadowsretreat.com) or Email:[silentmeadowsretreat@gmail.com](mailto:silentmeadowsretreat@gmail.com), or call the number below to register with your choice.

*Silent Meadows, A Place of Prayer*  
102 La Plata Lane  
Durango, CO 81303  
970-759-2833

Retreats given by Mary Ann can be specially scheduled for your private group by appointment. The minimum number for a private group is five people and the maximum is ten.

*We look forward to hearing from you and welcoming you on your retreat.*

**Directions to Silent Meadows:** From the Doubletree travel east on Hwy 160. At the intersection of 160 and 172 continue east on 160 about 2.5 miles. Take a right on CR225A, left on CR510. Take 1<sup>st</sup> left on LaPlata Lane. 2<sup>nd</sup> house on right.#102. From Pagosa Springs: Follow 160 west. Take left on CR225A just before mile marker 94. Continue with above directions. Please keep to 10mph when driving on La Plata Lane.

**Visit our Web-site at:**

[www.silentmeadowsretreat.com](http://www.silentmeadowsretreat.com)

**Silent Meadows is happy to announce the opening of an apartment attached to our house for overnight retreatants. It can be for a day and night, several days, or a week. It is a fully furnished kitchen, living room, 2 bedrooms, and new bathroom. Call for more info or visit our website at [silentmeadowsretreat.com](http://silentmeadowsretreat.com)**

**Silent Meadows is happy to announce presenters for retreats this year: Mary Ann Maslak and George Sabol.**

All retreats will be presented by **Mary Ann Maslak** unless otherwise specified. She and her husband were active in Marriage Encounter, the Charismatic Renewal and taught CCD. She is a retired elementary school teacher of 35 years. She has 30 hours of study in Spiritual Formation and Self Direction from the Diocese of Hartford, Ct. She has a BA in Elementary Education from Central Connecticut State University and a Masters in Community Leadership and Spiritual Direction from Regis University in Denver, Colorado. She and her husband Terry are founders of *Silent Meadows, A Place of Prayer*.

Mary Ann is a lector as well as a Minister of the Eucharist. She is the author of *Gentle Whispers, Meditations for a Journey*. They are members of St. Columba Church and Sacred Heart Parish in Durango, Colorado.

**George Sabol**, ofs, has engineering degrees from St. Louis University and Colorado State University. He has more than 50 years of engineering practice specializing in water resources in the Rocky Mountain west and internationally. He was professed into the secular Franciscan order in 1997 serving as fraternity minister and formation director and has studied at the Franciscan Institute of Saint Bonaventure University in Olean, NY. For more than 20 years, he has served the Franciscan mission in Guaymas, Sonora, Mexico, as a retreat leader and as a member of the board of directors for the mission outreach based at the Franciscan Renewal Center in Scottsdale, Arizona. He is a parishioner of St. Columba in Durango and lives with his wife, Joyce, in New Mexico.

# *Silent Meadows*

*A Place of Prayer*

## **Retreat Schedule – 2019**

**970-759-2833**

**Silent Meadows, A Place of Prayer** was founded in 2009. Through prayer, discernment, and guidance of the Holy Spirit, *Silent Meadows* continues to inspire people on their spiritual journey.

In Philippians, St. Paul states, “I do not consider myself to have arrived spiritually, nor do I consider myself already perfect. But I keep on going, grasping ever more firmly that purpose for which Christ Jesus called me...”3:12

How often do we think about taking some respite time for our soul? Most of us are so overwhelmed with schedules: things to do and places to go. It is in the flurry of busyness we need to find a place where God can help us. A *Place of Prayer* and silence to sort out and seek the path God wants us to walk. *Silent Meadows’* tranquil surroundings provide a place of peace to seek God within your heart. Scripture tells us that Jesus himself retreated to be alone with his Father, listening to what His Father wanted him to do. We also need time away to seek God’s will for us. It is a time for a “purposeful pause”, a rest to let the Word of God’s whisper sink in. It is a time to give the Spirit room to speak in silent moments. You will find **Silent Meadows** a place to renew your spirit with grace and peace.

Scholarships are available for those who find the fee a hardship. Call for more info.

**Silent Meadows Spiritual Bookstore & Gifts:** Open Wednesdays: 10AM to 6PM .We accept credit cards. People may shop for books at *Silent Meadows* also on retreat or by calling: **970-759-2833**

## **Silent Meadows, *A Place of Prayer*** ***Schedule of Retreats - 2019***

### **Lenten Retreat**

**The following retreat will be offered three times during Lent in order to accommodate more people.**

#### **Power in the Tongue**

Our tongue can be a “blessings” or a “curse.” Let us examine our use of the tongue in our own lives. What can we do to make it a blessing to others rather than a curse? How do we tame our tongue creating a more Christ centered life? Join us to see how opening our heart to Scripture, prayer, and the Holy Spirit we can experience God’s transforming power.

**Dates offered: Saturday, March 2, 2019,  
Sat. March 9, 2019, and Sat. March 16, 2019**

**Revelations of Divine Mercy** The life of St. Faustina and her call to spread the message of Divine Mercy. What can we learn from her life and how do we accept Divine Mercy in our life and for others? **Note:** Date is the Saturday before Mercy Sunday.

**Date offered: Saturday, April 27, 2019**

**Bartimaeus and Saint Clare** The gospel story of the blind beggar, Bartimaeus, is explored as a parallel to the welcoming of Saint Clare into the brotherhood of the friars minor by Saint Francis. The preparation, call, and response of both Bartimaeus and Clare is an example of Jesus’ welcoming and transforming presence in our lives. How have we been called and what has been our transformation? What further transformation or conversion do we want in our life?

**Presented by: George Sabol**

**Date offered: Saturday, April May 18, 2019**

#### **Hildegard of Bingen A Woman of Many Gifts.**

We will explore her life and talents as a Benedictine Nun visited by visions, the founder of a religious community, a writer, poet, naturalist, musician, and healer; also a preacher to the Pope and Bishops. Pope Benedict XVI named her Saint and Doctor of the Church in 2012. Join us to see what she can teach us about our spiritual journey.

**Date offered: Saturday, June 1, 2019**

**Prayer of the Heart** Follow the journey of the historic Desert Fathers and Mothers and their influence on our prayer commitment leading us to a faith-filled contemplative life.

**Date offered: Saturday, June 15, 2019**

#### **Journaling, a Means to Spiritual Growth**

Journaling is helpful in overcoming the stresses of life. It is an opportunity to express your deepest emotions, allowing healing while deepening your relationship to God.

**Date offered: Saturday, August 24, 2019**

**The Sea of Tiberius** The gospel of John ends with the disciples returning to Galilee and once more fishing on the Sea of Tiberius. John’s message is presented in a tradition of Franciscan spirituality of Jesus using our everyday human experiences to bring us to the awareness of an all-good God in our lives and our call to follow Jesus. What experiences in our life have brought us to a greater awareness of God?

**Presented by: George Sabol**

**Date offered: Saturday, September 14, 2019**

**Saint Francis and the Wolf of Gubbio** Saint Francis is often depicted with animals and frequently with a wolf at his feet. What is the source of this traditional image of Saint Francis and what is the spiritual significance to the world’s view of Francis and his being the patron saint of ecology? The story of the ferocious

wolf of Gubbio is presented as an example in the gospel context of Jesus walking on the water of Lake Galilee to the disciples struggling against the storm.

**Presented by: Gerooge Sabol**

**Date offered: Saturday, October 5, 2019**

#### **Suffering, Conversion, and Transformation**

Explore the connection between darkness and spiritual growth and the healing touch of God in relation to John of the Cross.

**Date offered: Saturday, October 19, 2019**

**When the Well Runs Dry** There can be much enthusiasm when our prayer life is exciting and we bubble over with joy in God’s presence. But, what do we do when the well of this joy and peace seems dry and empty? How do we return to the life-giving water that Jesus spoke about to the “Woman at the well?” Join us to discover how “detachment” can be the key to being truly free.

**Date Offered: Saturday, November 2, 2019**

### **Advent Retreats**

**The same retreat will be offered two different times.**

**Dates offered: Sat., Nov. 16, and Sat., Nov.23, 2019.**

We offer the **Spiritual Exercises of St. Ignatius**. You will have to register before September as the Scriptures follow the liturgical year with the program lasting 36 weeks. The cost is \$50.00 a month. This includes 5 presentations and meeting with each retreatant every other week for the duration. For info call **Mary Ann 970-759-2833.**



