

SILENT RETREAT 2024

SEPTEMBER
13 - 15

Retreat. Relax. Renew.

Silent Retreats are a time to slow down, catch your breath, notice God, and be renewed by his presence. Join us for a weekend of respite as we reconnect with our loving God.



PRICE PER PERSON

\$250

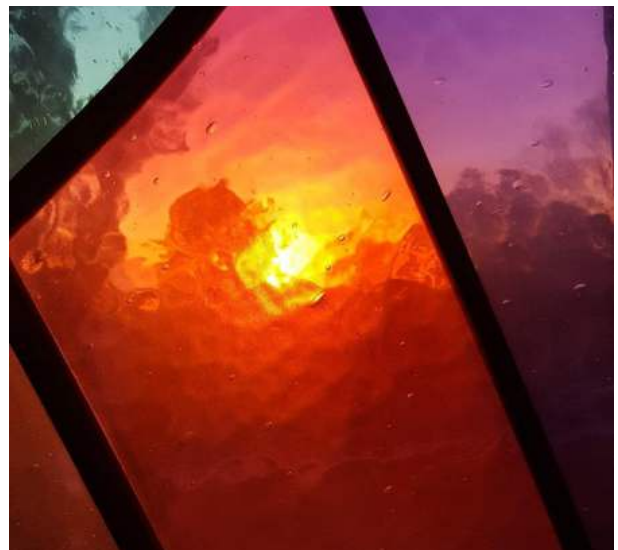
WHERE?

BENEDICTINE SISTERS RETREAT CENTER

Sacred Heart Monastery
916 Convent Road, NE
Cullman, AL 35055

WHAT'S INCLUDED?

- Private room for 2 nights in the Retreat Center
- Dinner on Friday night
- Breakfast, Lunch, & Dinner Saturday
- Breakfast on Sunday
- Snacks throughout the weekend.



THE SILENT RETREAT IS LIMITED TO 12 ADULTS. DEADLINE TO REGISTER IS **AUGUST 1** OR UNTIL FULL.

FREQUENTLY ASKED QUESTIONS

- **What can I expect?**

- This Silent Retreat is designed to give you an opportunity to remove yourself from your daily routine to spend time with God. On Saturday, you will have the option to walk around the lake, stroll through the gardens, experience the prayer labyrinth, attend a prayer service with the Sisters, or even take a nap and rest in the presence of God. The day is yours to spend as you like in communion with our Creator.

- **Do I remain in silence all weekend?**

- Silent Retreats are a time for guests to spend individual time in communion with God. While most of the day Saturday will be spent in silence, there will be opportunities to gather with the group to explore your experience of God.

- **Is transportation provided to the Retreat?**

- No, each guest is responsible for their own transportation. However, carpooling may be an option.

- **Can I share a room with a friend or spouse?**

- No, sharing a room is not an option for the retreat. Having your own room will give you the personal space needed to remain in God's presence.

- **What are the meals?**

- The meals will be home-cooked and served cafeteria-style in the dining room at specified times. Please list any accommodations or dietary needs on the registration form.

- **Can I use my phone during the retreat?**

- The goal of the retreat is to remove yourself from daily distractions and experience God in a new way. Therefore, please keep your phone put away. A landline phone is available in the Retreat Center for emergencies.

- **What will I need to bring?**

- Bible, journal/notebook, and pen/pencil; rain gear; casual, comfortable clothes and shoes; toiletries; coffee cup and/or water bottle. Please do not bring a book to read as this will distract you from your interaction with God.

- **What will be provided in my room?**

- Sheets, blankets, and towels will be provided for each guest. Each room has a single bed, desk, chair, and a private bathroom.

- **What are the arrival and departure times?**


- Friday arrival is between 5PM - 6:30PM. Dinner will be served at 6:30PM. Sunday departure is at 10:30AM.



SCAN TO
REGISTER

QUESTIONS?

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