

A WEEKEND RETREAT

at St. Columba House, Inverness

A Glimpse into the Rhythm of Benedictine Life

- Based on the Rule of Life designed by St. Benedict of Nursia.
- Experience monastic life in community.
- Prayer, reading, rest, silence, work and service to others within each 24-hour period.
- There are gifts in this approach for those on other spiritual paths as well!
- The retreat house has an old-world ambiance while it sits at the gateway of Pt. Reyes National Seashore.



Facilitators: Journey Center Spiritual Directors
Laurie Goldstein, Julie Miller, and Linda Albert
Cost: \$220.00, (includes food, housing and the retreat itself).
Details will be provided upon registration.

Friday, February 28, 5 p.m. to
Sunday, March 2, 10 a.m.

To register: www.journeycenter.org
or call 707-578-2121



The Journey Center 1601 Fourth Street, Santa Rosa