

## “A Retreat in Everyday Life”



**SU March 6 - SU March 20**

**St. Alphonsus Chapel**

**BUSY???** But, would you like to pray more?

**Consider a “Retreat in Everyday Life”!**

### What is this retreat all about?

The **Retreat in Everyday Life** is for busy people with jobs, families, and other activities who find it difficult to commit time to a retreat away from home. **You schedule your own daily prayer time at home, and four one-on-one meetings, over two weeks, with the same spiritual director.** We ask you to spend thirty minutes in Scripture-based prayer each day. You go about your daily routine, seasoned by the retreat experience.

### Who are the “Spiritual Directors”? What is their Role?

Our professionally trained directors\* come to us from all over the Milwaukee area. They are women and men experienced in guiding others to become sensitive to God’s tugs and pulls on them. They will meet individually with you, listen to your life and prayer experiences, and offer suggestions/guidance throughout the retreat. *These confidential meetings will take place in a private meeting room/parish facility at a mutually agreeable time, day or night, as your work and family responsibilities allow.*

**Fee:** \$30 deposit; non-refundable. Free-will offering at the end of the retreat to defray costs.

**Questions? Call Sr. Eileen, 421-2442 x 224**

[eileen@st-alphonsus.org](mailto:eileen@st-alphonsus.org)

\*Names of Spiritual Directors provided upon request.

## “Pray Without Ceasing: A Retreat On the Liturgy of the Hours”



**FRI March 18 - SA March 19**

**St. Alphonsus Community Room & Chapel**

**Retreat Leader: Dr. Michael Brummond, STD**



Dr. Brummond is Associate Professor, Systematic Theology, Sacred Heart Seminary, Hales Corners, WI

**Retreat begins FRI Mar. 18, 6:00-8:30 p.m.**

**Continues SA Mar. 19, 9:00-12:00 noon**

### What is this retreat all about?

The **Retreat** will be a practical and informative introduction to the Liturgy of the Hours. Since early Christian times, through the Liturgy of the Hours, the whole course of the day and night is made holy by the praises of God. Centering on the Psalms, this prayer is the voice of the bride (the Church) addressed to her bridegroom (Christ). It is our participation in the very prayer which Christ Himself addresses to the Father.

**Join us** for a time of prayer and presentations that will explain the Liturgy of the Hours, the impact it can have on our spiritual life, and the practical tools to begin praying it.

**Sessions** will take place in the Community Room. Liturgy of the Hours prayer times take place in Saint Alphonsus Chapel.

Participants will each receive their own **Shorter Christian Prayer Book**. Saturday session ends with a catered luncheon.

**Fee:** \$30, non-refundable.

**Questions? Call Sr. Eileen or Fr. Patrick, 414-421-2442**

[eileen@st-alphonsus.org](mailto:eileen@st-alphonsus.org); [frpatrick@st-alphonsus.org](mailto:frpatrick@st-alphonsus.org)

## RETREAT APPLICATION FORM

Please indicate your retreat preference. We will send you follow-up information.

\_\_\_\_ I want to make the “Retreat in Everyday Life”,  
March 6-March 20.

\_\_\_\_ I want to make the “Retreat on the Liturgy of  
the Hours”, March 18-March 19.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

\_\_\_\_ \$30 Payment enclosed.

(Checks payable to St. Alphonsus AF Ministry)

**Send to: St. Alphonsus Adult Formation**

**5960 W. Loomis Rd.**

**Greendale, WI 53129**

May God bless you as you ponder your choices for Lent!

**LENTEN RETREATS  
IN 2022**



**Saint Alphonsus Parish  
Greendale, Wisconsin**