

# TRINITY HOUSE RETREATS



*Come out of the chaos -*

*pause from the busyness of life's demands...*

*Come as you are.*

*Refresh your mind, body, and spirit (1 Th 4:23).*

*Come meet your God in the Now!!!*

Trinity House, a sacred space only half of a mile from the Shrine of Saint Joseph, offers warm hospitality and a retreat experience for all those seeking to connect more intimately with themselves and their God.

Choose from day, evenings or a week-end retreat. Meditate in the solitude of our chapel, the natural environment surrounding Trinity House, the nearby grounds of the Shrine of Saint Joseph and the Great Swamp.

## **WEEK-END GUIDED RETREATS:**

*February 26-28 April 23-25.*

A holistic guided retreat is offered centered about silent and private prayer and reflection. Trained spiritual guides are always available for individual conversations, as is the opportunity for the sacrament of reconciliation.

Follow up conversations with your spiritual guide from the weekend retreat may be scheduled at a later date.

Guided retreatants have private rooms and meals on the premise. The retreats begin on Friday evening with registration at 5:30pm followed by supper at 6:00pm. The quiet weekend concludes after the noon meal on Sunday. Cost for the weekend is \$175.



## **EVENING RETREATS:**

**Oct. 19,2009      March 8,2010**

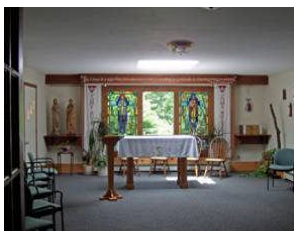
**Dec. 7,2009      May 17,2010**

**Jan. 25,2010      June 14,2010**

Monday Evening Retreats begin at 5:30 pm with a light supper and end at 9:00 pm.

Guided relaxation and prayer, followed by a period of silent meditation or one with a spiritual guide and the opportunity for sacrament of reconciliation conclude the evening in the intimate Trinity House chapel.

Pre- registration is required. Fee for each evening retreat is \$25.



## **DAY RETREAT:**

**Sunday, November 8, 2009 1-5 p.m.**

Pre- registration is required, \$25 fee. The same hospitality, atmosphere of silence and prayer, and opportunities for the sacrament of reconciliation or time to meet with a spiritual guide are available to our day guests.



*Preregistration is required for all our programs.*

*Please call from 9AM to 5 PM at 908-647-0208*

*or e-mail to [peterkrebs@stshrine.org](mailto:peterkrebs@stshrine.org).*

### **Directions to Trinity House:**

Trinity House is located in the Watchung Hills in Stirling, NJ, on Long Hill Road, bordering the Great Swamp.

Visit our web site [www.stshrine.org](http://www.stshrine.org) to see our offerings and meet our team. Detailed driving instructions are available on our web site.

Please plan to be with us soon!