

We hope you are inspired to schedule time for your spiritual growth by coming to Capuchin Retreat, whether for a weekend retreat, a private retreat, one of our many programs, or just to visit our lovely grounds and let God speak with you. Feel free to find out more by going to our website (www.capretreat.org) or call the office (248 651-4826) between 8:30 a.m. and 4:30 p.m.



Capuchin Retreat
*A Ministry of the Province of
 St Joseph of the Capuchin Order*

62460 Mt Vernon Rd
 P O Box 396
 Washington, MI 48094
 Phone: 248 651-4826
 Website: www.capretreat.org



What is a Retreat?



**Welcome to
 Capuchin Retreat
 ... A Beautiful
 Place to Pray**

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Welcome to Capuchin Retreat

Located on 95 park-like acres of gentle meadows and quiet woodland in Macomb County, Michigan, Capuchin Retreat is a Catholic Franciscan spirituality and retreat center which will renew your peace of mind. The Capuchin friars and ministry staff welcome people of all faiths and those searching a spiritual path.

This brochure answers some frequently asked questions about retreat.

Each year a new theme is developed. For 2017-18 the theme is **“Come and Rest in Me”**.

In Matthew 11:28, we read, *“Come to me all you who are weary and are burdened and I will give you rest.”* If we are going to rest in Christ, we need first of all to recognize his presence in all the circumstances of our lives. Part of that resting is to slow down and be quiet and pay attention to that constant presence. We don't have to “come” or “go” anywhere; Christ is with us always. In this retreat we are invited to pay attention to that presence, to welcome that presence, to see what hinders us from being more aware of the presence of Christ. We need to have our eyes opened so that we can recognize him on the journey.

For even more information, give us a call (248 651-4826) or go to our website (www.capretreat.org)

Following is a typical schedule for a weekend retreat:

Friday

6:30 p.m. Registration
 7:30 Welcome/Orientation
 8:00 Conference, Evening Prayer

Saturday

8:00 a.m. Mass
 8:45 Breakfast
 10:00 Conference
 11:15 Conference
 12:30 p.m. Dinner
 2:30 Rosary (Optional)
 3:00 Conference
 4:00 Confessions
 5:30 Supper
 7:00 Healing Service & Adoration of the Blessed Sacrament

Sunday

8:00 a.m. Breakfast
 9:00 Morning Prayer
 9:30 Conference, followed by dialogue/feedback
 11:00 Sunday Liturgy
 Noon Dinner and Farewell



Capuchin Retreat
A place for all seasons of life
For 50 years

What is a Retreat?

What is the purpose of a retreat?



A retreat is an opportunity to get away from the distractions of everyday life to communicate more closely with God. Capuchin Retreat offers silent retreat weekends to help you listen to God's Voice.

What is a Silent Retreat?

A silent retreat is one in which we request those attending to maintain a quiet atmosphere from after the opening orientation session until the closing liturgy. Silence promotes an environment of deep listening which is useful for rest of body and soul, and attentiveness to the presence and action of God.

Are non-Catholics welcome?

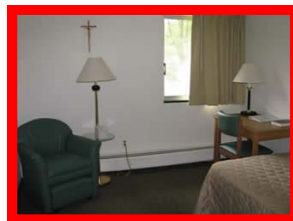
People of many faiths ask this question and the answer is a resounding **YES**.

How much does it cost for a weekend retreat?

The offering for most weekend retreat programs for 2017-2018 is \$170 per person including private rooms and all meals and snacks.

What do I need to bring with me on a retreat?

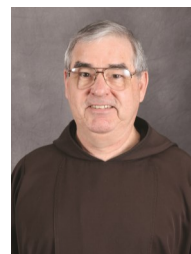
We provide you with a private room (including private bath, linens, towels, soap, and tissue). We recommend you bring casual clothing appropriate to the weather as well as any toiletries or personal items you may desire. Many retreatants also bring books or journals or other reflection materials with them. We do have an extensive library of books and CDs for your spiritual journey.



Can I come on retreats other than those scheduled?

Yes, in fact other types of retreat are becoming very popular. Options are available to come for a private retreat for personal self-directed solitude and prayer time, or for a directed retreat where a spiritual guide travels through the days with you. Please call the office to schedule a private or directed retreat.

And now a little about some of our Staff



Fr. Tom Zelinski, Capuchin, is the Director of Capuchin Retreat. In addition to his administrative responsibilities, Fr. Tom is also on the preaching staff. He has been a Capuchin for over 50 years and a priest for 45 years. Fr Tom has worked in 3 retreat centers and a parish.



Fr. Jerry Kessel, Capuchin, is a member of the preaching staff. He has spent 18 years in the preaching ministry, and has spent the last 14 years at Capuchin Retreat. He has furthered his studies in Spirituality at the Franciscan School of Theology in Berkley, CA. Fr. Jerry also ministers with the Spanish speaking in the area.



Linda Andrews is the Administrator of Capuchin Retreat and the friendly voice when you call. As Administrator, she oversees the daily operation of the center, including scheduling, maintenance, housekeeping, kitchen and many odds and ends. Linda is a certified counselor and educator. She previously worked with the Society of St Vincent de Paul as the Director of Recruitment and Mission Integration.

These are just some of our dedicated staff who keep the programs and grounds working so well. There are friars, maintenance, groundskeeper, housekeeping, food service, volunteers, etc..



Capuchin Retreat is also blessed with a group of lay women who make up our Extended Preaching Staff (EPS). Linda Andrews (*our Administrator*), Nancy Clancy, Betty Navarre, Sally McCuen, and Diane McDonald share their life experiences and serve as spiritual directors. Their combined credentials include co-director for *The Week of Guided Prayer*, commissioned spiritual direction, Masters in theology, Bible Study, training in the spiritual exercises, Christian-guided meditation, canon law procurator advocate, and more.

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