

REGISTRATION

Name _____

Address _____

Telephone _____

E-Mail _____

Check one or more

_____ June 23-28, 2024

_____ August 4-9 2024

Room

Needs: _____
(ie. first floor, handicap accessible, private)

Dietary

Needs: _____

Cost:

\$500.00 ONE RETREAT

\$900.00 BOTH RETREATS

Deposit: \$50.00 by April 1, 2024

Return to: Notre Dame Retreat House
5151 Foster Rd.
Canandaigua, NY 14424

Our Mission at Notre Dame Retreat House is to provide space and time for spiritual formation and to awaken the spirit within.



Notre Dame Retreat House

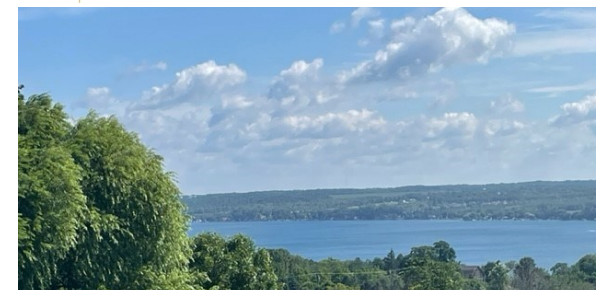
**5151 Foster Rd.,
Canandaigua, NY 14424**

Phone: 585-394-5700

Email: nlynch@notredameretreat.org



**NOTRE DAME
RETREAT HOUSE**



*Overlooking Canandaigua Lake in the heart of the
Finger Lakes Region in New York State*

June 23-28, 2024
*“Courage, Wisdom, and
Compassion: Lessons from
Visionary Lives”*
Gilliam Ahlgren

August 4-9, 2024
“Praying with Pope Francis”
Fr. Chuck Frederico, SJ

www.notredameretreat.org

“Courage, Wisdom, and Compassion: Lessons from Visionary Lives”

A Retreat with Gillian T. W. Ahlgren



June 23-28, 2024

Inspired by the lives of Francis of Assisi, Clare of Assisi, Oscar Romero and Dorothy Day, Gillian will Reflect on the spiritual practices that anchored their lives and gave them strength for the journey. By remembering how people before us experienced the call to love in a needy world, we will find courage and wisdom for today.

Retreat facilitator Gillian T. W. Ahlgren is an educator and writer known for her ability to open up the Christian mystical tradition as a practical resource for living. She is the author of seven books, including *Entering Teresa of Avila's Interior Castle: A Reader's Companion*, *Spiritual Exercises for the 21st Century* and *The Tenderness of God: Reclaiming our Humanity*.



“Praying with Pope Francis”

Retreat with Father Chuck Frederico

August 4-9 , 2024

On this retreat, Fr. Chuck will take a look at some points of spiritual guidance from Pope Francis, highlighting the Holy Father's roots in Ignatian spirituality. As the first pope who is a Jesuit, Pope Francis's way of engaging with the world has been different from his predecessors. With Fr. Chuck's instruction, some of Pope Francis's spiritual guidelines and methods of prayer handed down through the generations from St. Ignatius of Loyola will be discussed and explored during the week.

Fr. Chuck has worked in multiple ministries throughout his Jesuit career, including working with immigrants, high school students, university students and young adults, and within parishes. Fr. Chuck was the Provincial Assistant for Vocations in what is now the East Coast Province of the Jesuits. Currently, Fr. Chuck is the Director of Campus Ministry at Canisius High School in Buffalo, NY where he oversees their retreat and service programs as well as the liturgical and sacramental life of the school.

Format for Preached Retreat Weeks:

Daily Conferences
Time for Reflection and Quiet Prayer
Daily Eucharist
Rest and Relaxation
Prayer Services
Spectacular Grounds to Walk
Wonderful Meals

Helpful Tips:

Air Conditioned Facility
Dress Comfortable
Ability to layer

(building temperatures vary)

Linens & Towels provided

(bring own toiletries)

WiFi

Benches outside

(suggest bringing lawn chair for more comfortable sitting)