

Registration Form

Please respond by July 8, 2016

Cost for Retreat: \$60.00

[Some partial scholarships are available upon request.]

Plus

Private Room \$65.00 per person per night

Name _____

Address _____

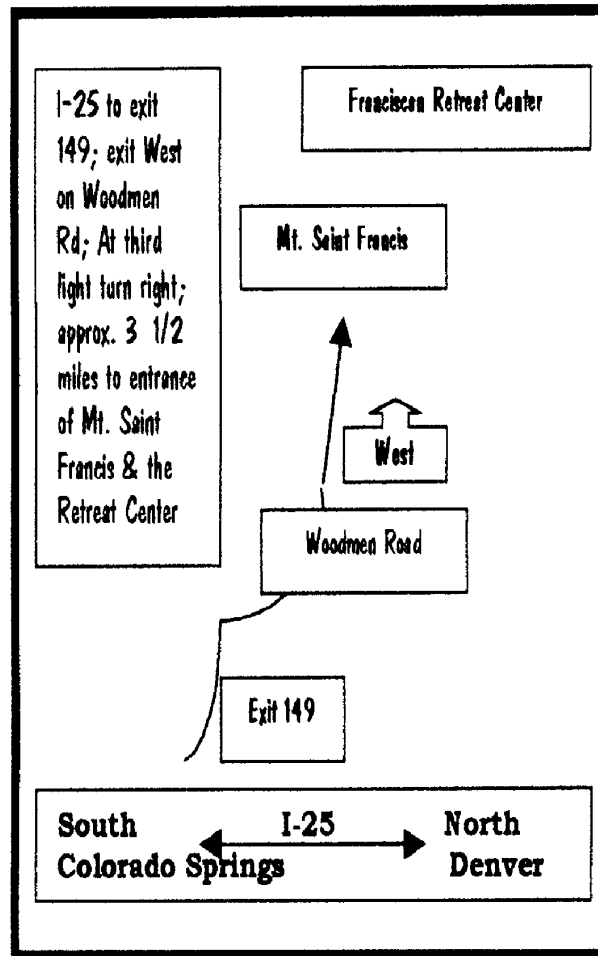
Phone _____

Total Amount Enclosed \$ _____

Please make checks payable to the Sisters of Saint Francis.

Payment of \$60.00 is non-refundable.
Mail your check and registrations to:

Sister Michelle Micek, OSF
Mount Saint Francis
7665 Assisi Heights,
Colorado Springs CO 80919



For more information, please contact
Sister Michelle Micek O.S.F.
Cell Phone: 719-649-4847
E-Mail: michellem@stfrancis.org

**OPEN TO COMPANIONS, CANDIDATES,
SPOUSES, AND SISTERS.**

COMPANIONS RETREAT

Theme:
“Let Us Confidently Entrust
Our Worries to the Lord”



July 29-31, 2016

**Mount Saint Francis
7665 Assisi Heights**

Retreat Facilitator



Rev. Tom Maikowski

Father has been a priest of the Diocese of Gallup for forty years. Throughout those years he has ministered along side the Sisters of Saint Francis of Perpetual Adoration, especially during the 27 years that he served as superintendent of schools. Father has served as an Air Force chaplain and now in parish ministry. He holds eight academic degrees including two earned doctorates. He has served for 20 years as an adjunct college instructor in education and psychology. Over the years, he has given a number of retreats and seminars to Sisters and numerous workshops and in-service days to Catholic school administrators and teachers.

Schedule

July 29-31, 2016

Friday, July 29, 2016

- *Arrival Time—2:00 p.m.
- 3:00 p.m. Welcome
- Conference - Canticle Chapel
- 6:00 p.m. Dinner
- 7:00 p.m. Opening
- 7:30 p.m. Conference

Saturday, July 30, 2016

- 7:00-8:30 a.m. Continental Breakfast
- 8:30 a.m. Prayer
- 9:00 a.m. Conference
- 11:00 a.m. Holy Hour (Canticle Chapel)
(Opportunity for the Sacrament of Reconciliation.)
- 12:00 Lunch
- 1:00 p.m. Conference
- 2:00 p.m. Rest
- 4:00 p.m. Sharing and Reflection
- 5:00 p.m. Sunday Liturgy (Canticle Chapel)
- 6:00 p.m. Dinner
- 7:00 p.m. Business Meeting
- 8:00 p.m. Social

Sunday, July 31, 2016

- 7:15 a.m. Breakfast
- 8:00 a.m. Morning Prayer with the Sisters,
(Canticle Chapel, optional)
- 9:00 a.m. Closing Conference -

Note: Check out by 9 a.m. Sunday

*All meals are in the Sisters' Dining Room



The true test of whether we are human or not is if we are worrying. Most of us worry about things we can do nothing about. We all face various kinds of challenges in our lives,. We can't escape the worries and problems, which we often refer to as the "drama of life." Our faith tells us we need not to worry or endure the heavy burdens of life. We don't need to be without peace and frequently fearful, from following in God's will and plan for us. We are God's children. Thus, he wants us to be peaceful and free from fear. Let God take care of our worries.

Meals

Please mark the meals that you plan to eat while on retreat.

Attendance at meals for the Companions' retreat.

Please mark which meals you plan to have while you are at the Companions' Retreat.

Meals	July 29	July 30	July 31
Breakfast			
Noon Meal			
Evening Meal			