

Registration Form

Please respond by July 5, 2019

Cost for Retreat: \$60.00

Plus

Private Room \$59.00 per person per night

Shared Room—\$69.00

Name _____

Address _____

Phone _____

Email: _____

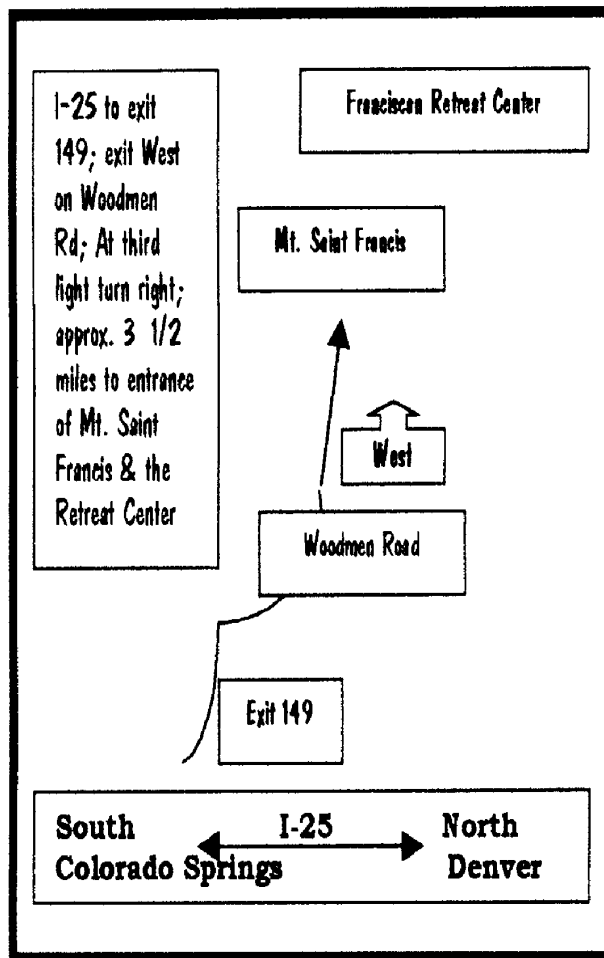
Total Amount Enclosed \$ _____

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 OSF
Cell Phone: 719-649-4847
E-Mail: michellem@stfrancis.org

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

COMPANIONS' RETREAT

Radical Optimism



July 26-28, 2019

**Mount Saint Francis
7665 Assisi Heights**

Retreat Facilitator



Sister Paula Gallagher IHM is a member of the Sisters, Servants of the Immaculate Heart from Scranton PA. She has served as a music educator, spirituality presenter, spiritual director, liturgist and liturgical musician, RCIA director, family care giver, and adult faith formation specialist in the Diocese of Brooklyn NY, Pittsburgh PA, Scranton/Willkes Barre PA, Newark NJ, Nelson, British Columbia Canada, and in the Archdiocese of Santa Fe, NM

Sister Paula has served as a presenter for Sabbatical programs at Sangre de Cristo Center and Canossian Center, retreat facilitator at the Dominican Retreat Center, Canossian Center, Madonna Center, for various communities of religious women, Archdiocesan and parish groups in New Mexico.

Conference Theme:

Radical optimism is a retreat that calls us to deep sure trust in God's providence. It helps us believe God's hand is at work in everything happening in our lives. "In all things God is working for our good, and there is nothing impossible for God to do." This retreat also gives us a perspective of theological reflection to recognize how God is moving in our lives, and calling us forward on our journey.

Schedule July 26—28, 2019

Friday, July 26

- Arrival Time**—2:00 Arrival and check in
 3:00 Welcome, announcements and business meeting
 5:50 Evening meal
 7:00 Introducing Radical Optimism/
 Evening Prayer

Saturday July 27

- 7:15 – 8:30 Breakfast
 9:00 Radical Optimism/2
 Morning Prayer
 I. SEEING/ Personal Prayer
 II. LETTING GO/ Personal Prayer
 III. PRESENCE/ Communal Silent Prayer
 12:00 Noon Meal
 1:00
 III. PRESENCE continued/
 Communal Silent Prayer
 IV. LETTING COME/
 Personal Prayer
 5:00 Liturgy at St. Francis Church
 6:00 Evening Meal
 7:00 Group Photo and Social

Sunday, July 28,

- 7:15 Breakfast
 8:00 Morning prayer with the Community
 9:00 Holy Hour and Commissioning
 10:00
 V. CRYSTALIZING/ Closing Prayer



Note: Check out of the Retreat Center by 8 a.m. Sunday

Meals

Attendance at meals for the Companions' retreat.

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

All meals are in the Sisters' Dining Room
 All conferences are in St. Clare's Convent in 3R

Meals	July 26	July 27	July 28
Breakfast			
Lunch			
Dinner			