



*Insignificant man, escape from your everyday business for a short while, hide for a moment from your restless thoughts. Break off from your cares and troubles and be less concerned about your tasks and labors. Make a little time for God and rest a while in Him.*

*Look upon us, Lord, hear us and enlighten us, show us your very self. Restore yourself to us that it may go well with us whose life is so evil without you. Take pity on our efforts and our striving toward you, for we have no strength apart from you.*

*-Saint Anselm of Canterbury*



***“Love, in the true sense, is not always a matter of giving way, being soft, and just acting nice. In that sense, a sugar-coated Jesus or a God who agrees to everything and is never anything but nice and friendly is no more than a caricature of real love. Because God loves us, because he wants us to grow into truth, he must necessarily make demands on us and must also correct us.”***

Pope Benedict XVI

**773 Armonk Road ~ Mt Kisco, NY 10549  
(914) 244-3685 [www.olmk.org](http://www.olmk.org)**

*“Love Christ, Serve People, Build the Church”*

# Spiritual Exercises

For Men and For Women



*“Come away by yourselves to a deserted place, and rest a while.” ~Mark 6:31*

***Our Lady  
of Mt Kisco***

RETREAT CENTER

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(914) 244-3685 [WWW.OLMK.ORG](http://WWW.OLMK.ORG)

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# Spiritual Exercises

Nothing is equal to prayer, for what is impossible it makes possible, what is difficult, easy.

-St John Chrysostom

## Registration Form



The Spiritual Exercises seek to enrich one's personal relationship with Jesus Christ, opening the soul to the transforming power of grace, by offering a simple yet profound spirituality rooted in the Gospel and the fullness of the Catholic faith.

Offered by the Legionaries of Christ, the retreat is based on the Spiritual Exercises of St. Ignatius of Loyola and is comprised of guided meditations, personal reflection, Mass, opportunities for reconciliation and spiritual direction.

### Cost

\$225

Includes meals, lodging, sheets, towels and retreat materials.

Deposit of \$75 required to register; full payment due at beginning of retreat.

### Details

- Begins Friday afternoon at 5:00 p.m. with Mass
- Ends Sunday at 5:00 p.m.

### You Receive....

- *A greater sense of peace*
- *Better knowledge of yourself*
- *Better knowledge of Christ's love in your life*
- *A sense of purpose and tools to accomplish it*

#### Men

- Oct 27-29, 2006
- Jan 12-14, 2007
- Mar 2-4, 2007
- Jun 22-24, 2007
- Oct 19-21, 2007

#### Women

- Sept 29- Oct 1, 2006
- Dec 1-3, 2006
- Mar 16-18, 2007
- May 4-6, 2007
- Sep 28-30, 2007

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Nursing Baby (Women's Retreat)

#### Method of Payment

- Check
- Cash

To reserve your place, please mail this form with at least a \$75 deposit ten days prior to the retreat.

Once we receive your registration and payment, you will receive confirmation via phone or email one week prior to your retreat.

For email registrations or for further information, please visit our web site at [www.olmk.org](http://www.olmk.org).