



Sisters of Life

Young Women's Retreat —

- LOCATION:** St. Francis Retreat Centre, 208501 Highway 9 Caledon, Ontario L7K 0A8
- DATES:** February 15th – 17th, 2019
- WEEKEND INCLUDES:** Introduction to prayer, extended periods of silence, Eucharistic Adoration, Mass on Saturday and Sunday, conferences by Sisters, opportunities for Sacramental Confession, opportunity to meet with a Sister.
- COST OF THE RETREAT:** By donation.
The cost to the Sisters of Life for this retreat is \$125 per participant. We welcome a donation to cover any portion of this retreat cost, according to your financial capacity.
- RETREAT DEPOSIT:** A deposit is requested to complete your registration. Please send a portion of your total donation, along with a printed copy of your registration form, to the address below: (checks can be made payable to the Sisters of Life)
Sisters of Life
659 Markham Street
Toronto, ON
M6G 2M1
If something changes and you are unable to attend please let us know as soon as possible.
- DRESS CODE:** Modest dress throughout the weekend, with appropriate clothes for Sunday.
- THINGS TO BRING:** Bible, journal, alarm clock (*you may want a retreat from your cell phone!*), sneakers and casual shoes for walking. Towels and sheets are provided.
**Please note: the St. Francis facility requires retreatants to wear separate indoor and outdoor shoes. Please be sure to bring two pairs of shoes for your stay.*

Arrival begins at 6:00pm on Friday night with the retreat beginning at 7:00pm. (* Dinner will not be provided Friday evening and note there are no restaurants near the retreat centre. It may be helpful to eat dinner before you arrive.) The retreat ends on Sunday after the Holy Sacrifice of the Mass and brunch which is about 1:00/1:30 p.m. If you have any questions, please feel free to call us: 416-463-2722

TRANSPORTATION:

BY CAR: St. Francis Centre, 208501 Highway 9 Caledon, Ontario L7K 0A8

When driving on Hwy 9, it is very easy to miss the sign for the St. Francis Retreat Centre. Here are a few details:

Coming from the east, **driving west on Hwy 9:**

- You can easily miss the centre because the road curves and it is right after the bend in the road. After you pass Glen Haffy Road, slow down. *If you get to Airport Rd (you will see a PetroCan Gas Station) you've gone too far.*

Coming from the west, **driving east on Hwy 9:**

- The sign is easier to spot. You will see it after you cross Airport Rd. *If you hit Glen Haffy Road you've gone too far.*