

The Details

Holy Mass begins at 5:00pm on Friday, followed by check-in at 5:45pm; the weekend ends Sunday at about 3:30pm.



Register Today!

July 19-21, 2024

www.ReflectRetreat.com



REFLECT Catholic Retreats

for Mid-Life Singles

since 2004

in Michigan, Illinois, Missouri

version 04172024



REFLECT Retreat

A Catholic Retreat for Single Adults
in their mid-30s to 50s

**For renewal and growth in
relationships with God,
family, friends, and self**

July 19-21, 2024

Pallottine Renewal Center

15270 Old Halls Ferry Rd

Florissant, MO 63034

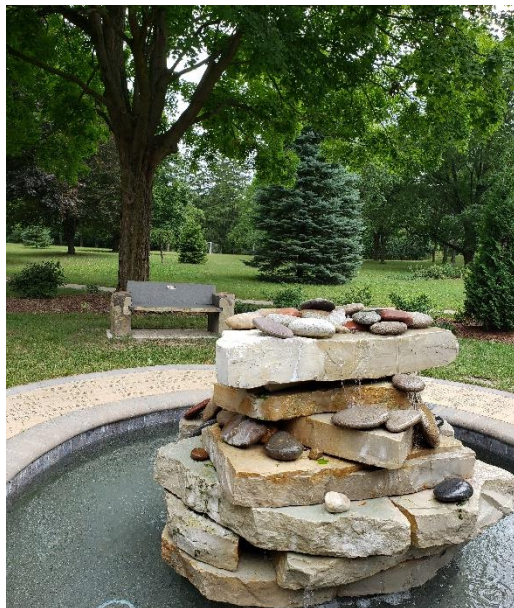
(in the northern suburbs of St. Louis)

www.ReflectRetreat.com

At REFLECT Retreats there are no strangers, only friends who haven't yet met.

What Is A REFLECT Retreat?

REFLECT is a Catholic retreat for single adults in their mid-30s to 50s. It's a weekend of reflection, renewal, and growth. It is designed to help increase understanding of your capacity for life as a single person and deepen your relationship with God. You'll have the chance to contemplate how and where you belong in society, within your family, faith community and circle of friends. You may even have some fun and find the opportunity to meet a few new friends.



What Happens on the Weekend?

At a REFLECT retreat, there's the chance to rekindle your relationship with God and realize how you make a difference in your relationships. This is accomplished through sessions that are prayerfully presented by other single lay women and men who have been in your shoes.

The weekend includes group sessions, devotional time, the Sacrament of Reconciliation, and Holy Masses. Although there is a schedule, there is some "down time" for personal reflection, and taking a walk on the beautiful grounds of the retreat center. There are also fun activities through which you can get to know your fellow participants.

- Laugh and have fun in a relaxed, no-pressure setting
- Participate as much as you are comfortable

How is REFLECT different from other retreats?

A REFLECT weekend is an opportunity to meet with other mid-life single women and men. Some participants have never been married. Others are divorced or widowed. Many struggle with loneliness, sadness, fear of "getting out there" and meeting people in what can often seem like a couples' world.

A REFLECT weekend provides a time to connect with other like-minded singles, not for the purposes of pairing up, but to find those who are like you... looking to recharge their spiritual batteries, reflect on their lives, meet new people, laugh and relax.

All you need to do is participate and let the experience be a learning one through which you can grow. While this is a Catholic retreat, you need not be Catholic to attend.

Need More Information?

- Visit www.ReflectRetreat.com
- Email reflect.stlouis@gmail.com
- Call Annette at (630) 222-8303

REFLECT RETREATS FOR MID-LIFE SINGLES: MICHIGAN • ILLINOIS • MISSOURI

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Register Today for our next retreat
July 19-21, 2024
Pallottine Renewal Center, Florissant, MO