

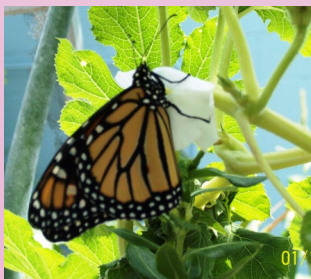
*It is the well of wisdom
~ what we believe spiritually ~
that carries us through life.*

The retreat experience, like every spiritual experience, is an opportunity to journey into solitude and quiet contemplation, to hear God's Word without distraction, and further ongoing conversion of heart.

The matters of life, be they hurt and pain or joy and happiness, are often beyond our understanding. Jesus was no stranger to such as these. Edge of life experiences drove Him to the desert, to the garden, to His friends and family...just as they do us.

When hurt, we need healing. When life brings joy, the need to celebrate and share is profound.

So come to Holy Name and reflect, pray and be transformed in mind, body and spirit.



For More Information Contact:

Benedictine Sisters of Florida

12138 Wichers Road, PO Box 2450
St. Leo, FL 33574-2450
Phone: (352) 588-8320
Fax: (352) 588-8319
Email: hnmdevelopment@saintleo.edu
www.benedictinesistersoffl.org

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*Benedictine Sisters
of Florida*

Holy Name Monastery
Founded 1889



Touching Lives Through Prayer and Service

Invitation to Retreat

In the beautiful rolling hills of Pasco County, FL is a place where all are welcome. Our Monastery overlooks lovely landscaping and the vista of a breathtaking tree line. Come, be refreshed by our hospitality in the true Benedictine style: be with us for prayers in the chapel, enjoy God's creation outdoors and relax with the Sisters over a home cooked meal.

Give yourself the gift of relaxation and undisturbed peace at Holy Name Monastery. The time is yours to structure: to think, to pray, to be, to have enough time to truly be in the present with God. Get out of the fast lane and let God recharge your batteries. With everyday distractions removed, one is able to enter into the depths of the heart and find God at the center.

Types of Retreats

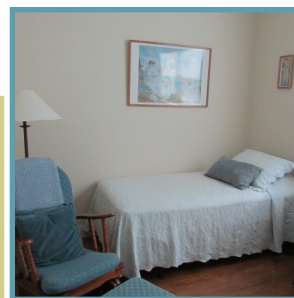
Individuals are welcome to join our Benedictine monastic community for any of the following retreat programs:

- **Private** - Create your own schedule
- **Directed** - Meet daily with a spiritual director
- **Day Group** - Up to 25 can have their own pre-planned program at our facilities or a special reflection day
- **Vocation** - For women discerning a call to religious life
- **Sabbatical Experiences** - We welcome Sisters, either Benedictine or others, who wish to spend time with us

Accommodations

Housing for retreatants is in Holy Name Monastery. We have space for up to 25 guests on a day retreat. We currently have single or double rooms available for individuals who want to schedule a longer stay. There are several lounge areas indoors and out suitable for reading and relaxation.

It is suggested that reservations be made at least a month in advance to ensure availability.



The entire facility is air-conditioned and offers:

- ◆ Private rooms and baths - one or two beds
- ◆ ADA rooms, each with private bath
- ◆ Common living and dining rooms
- ◆ Library and Multi-Purpose room
- ◆ Complimentary Wi-Fi access

"God has touched this place with a Grace beyond compare. It fills the very air and flows out, free of bounds, far beyond your grounds, felt no matter where we are."



Taking Enough Time for Yourself

We, like St. Benedict and his twin sister St. Scholastica who lived in the 6th century Italy, live in a world of high velocity, alienation, violence and mistrust. Having the time to focus on what is sacred and good is affected dramatically by the demands of just earning a living. While you are here, we welcome you to join the Sisters for Eucharist (Mass) and Liturgy of the Hours. You will be supported by our prayers.

God's Word nourishes, transforms, and unites us all. It is our prayer that we can help you find or rediscover meaning, purpose, and the lasting peace that only God can provide.