

**St. Anthony of Padua
High Ridge, MO**

**MEN'S ACTS RETREAT
August 25-28, 2016
LaSalle Retreat Center**

REGISTRATION FORM

Name (as you want it to appear on your name tag)

Parish

Address

Email address

City, State, Zip

Home Phone

Work Phone

Cell Phone

Emergency Contact Person

Relationship

Emergency Contact Person's Address

Emergency Contact Phone

Any special physical, dietary, medical or other needs for the retreat weekend

Allergies, if any

St. Anthony of Padua Parish is now accepting applications for the **August 25-28, 2016 Men's ACTS Retreat** weekend. This parish-based retreat offers the opportunity to renew your spirituality, to strengthen your faith and its application in your daily life, and to build lasting friendships among members of the parish community. It is presented by your fellow parishioners, with spiritual direction from Priests and Deacons.

The retreat begins Thursday evening with check-in at **6:15 pm** at St. Anthony of Padua, High Ridge, MO. Transportation will be provided to and from the retreat center, which is located in Eureka. The retreat will conclude at the **10:15 am Mass** on Sunday at St. Anthony of Padua, with a luncheon following in the cafeteria. Prior to the retreat, you will receive an email (or letter, if necessary) describing what to bring with you (clothing, reading material, etc.) and more information for the weekend.

The donation for each retreatant is \$240, with a registration fee of \$50 to reserve your place. The remaining \$190 is due at the Thursday evening check-in at the beginning of the retreat. **Please note: Financial difficulties should not prevent anyone from attending the retreat.** If you wish to inquire about a scholarship or if you would like further information about the retreat weekend, please contact Director, Harry Sheldon 636-677-4577, Co-Directors Frank Roser 636-677-8273 or Andy Berra 636-226-6099, or Deacon Jim G'Sell, at 314-484-2055.

Please send or deliver your registration form and deposit fee to Frank Roser, 1700 Chinkapin Drive, High Ridge, MO 63049, or Harry Sheldon, 2016 Sandy Drive, High Ridge, MO 63049. Please make checks payable to **St. Anthony of Padua** and please write "**ACTS Retreat**" on the memo line.

Parish ACTS Retreat FAQs

Q: How long is the retreat? What do I prepare for?

A: The retreat begins in church on Thursday night at 6:15 pm and is completed at 10:15 am Mass on Sunday at St. Anthony of Padua. Take into consideration the time of year and pack appropriately. Bring very casual, comfortable clothing. While most of the activities take place indoors, you will likely spend some time outdoors. Also, pack things you would typically bring for a short trip such as toiletries, medications, etc. Bedding and towels are provided, but you might want to pack a favorite pillow and extra towel if you like. Also bring clothes appropriate for Mass on Sunday.

Q: What about accommodations and meals?

A: Typically, you have a private room with a sink and a mirror. Toilet and shower facilities are shared by floor, but there are private stalls for both. The food is good, three meals served daily, plus snacks, water, soda, and coffee.

Q: Are there any requirements for making the retreat?

A: All are invited, Catholics and non-Catholics, in or out of St. Anthony of Padua parish. The only requirement is a willingness to spend more time with God and fellow parishioners.

Q: How is the retreat run?

A: Your fellow parishioners will run the retreat. They spend time prior to the retreat, meeting weekly and preparing spiritually for the retreat, as well as handling most of the planning and logistics for the weekend. Each team has a priest who has a role in the weekend as well.

Q: So what exactly happens on the retreat? What activities? Is it a silent retreat? If not, am I required to participate?

A: This isn't a silent retreat, it is more participative. While the retreats are planned around the same format, each one is a little different, and part of the blessing and enjoyment of the weekend is discovering what it means to you as it happens. For this reason, it's hard to go into specifics. There is prayer, reflection, Mass, opportunity for sacraments, and discussion. You can choose to participate in the discussion as much or as little as you like. People are different, so their experience and reaction to the retreat differs, but if you talk to men and women who have been on the retreat, you'll see that responses are typically very positive.

Q: So if I go on the retreat, am I required to participate more in the future? Do I have to do certain things? Do I have to be on a retreat team or be involved in other retreat centered activities?

A: The short answer is no, you don't have to do anything after retreat. Hopefully during your retreat you learn things about your faith, yourself, and the way others practice their faith. The goal isn't to build a larger parish retreat group; it is to build a stronger relationship with Jesus and with others in the parish community.