

Dominican Retreat Mission Statement

To provide a place of prayer, a holy space, and well-planned and executed programs for individuals and groups to touch the holy and to find peace and renewal.

DIRECTIONS

Off of I-95 North or South

Follow I-495 West then
Take Exit 46B toward McLean
Follow Rt. 123 North to the 5th traffic
light
Turn left onto Old Dominion Drive
Proceed 1/4 mile to the retreat entrance
on the left.

From Washington D.C.

Cross Chain Bridge.
Turn right onto Rt. 123
(Immediately over bridge).
Proceed about 4 miles then turn right
onto Old Dominion Drive.
Proceed 1/4 mile to the retreat entrance
on the left.

Off of the George Washington Parkway

Take Exit for Rt. 123 turn right at top
of ramp.
Proceed about 3 miles then turn right
onto Old Dominion Drive.
Proceed 1/4 mile to the retreat entrance
on the left.

**Dominican Retreat
7103 Old Dominion Drive
McLean, Virginia 22101**

**“What will bring me more
fully alive this Lent?”**



Lenten Silent Retreat for Women

March 9-11, 2012

**Directed by
Fr. Tom Ryan, CSP**

**Dominican Retreat
7103 Old Dominion Drive
McLean, Virginia 22101
703.356.4243
www.dominicanretreat.org**

What Will Bring Me More Fully Alive This Lent?

The word "Lent" comes from the Anglo-Saxon word "lencthen" referring to the lengthening of the light as winter moves into spring. And the more light there is, the more things grow! That is the invitation of this liturgical season called "Lent": to grow in our spiritual life in holistic ways. Why? Because the glory of God is the human person fully alive. "Christ came that we might have life and have it to the full" (Jn 10:10). We will consider a variety of ways of making this Lenten season a spring-time in body, mind, and spirit. So if you could use a time of renewal, this retreat's for you.

The theme offers retreatants a touchstone for personal prayer and reflection while on retreat. The Director's talks and Sisters' prayer services will incorporate the theme as a source of inspiration for retreatants.

All meals and accommodations are included in the weekend offering. We do suggest you bring a robe and slippers, an alarm clock, and many people find a journal useful during the weekend.

The suggested offering for a weekend retreat is \$250; a deposit of \$75 is requested with your reservation. The deposit is non-refundable, but may be transferred to another retreat for up to one year. Reservations may be made with this reservation form or by calling 703.356.4243.

March 9-11, 2012

Friday 7:15 p.m. - Sunday at 3:00 p.m.

Lent is a time of prayer, fasting, and almsgiving. In the context of this silent retreat, let us listen to God speaking to our hearts amid the busyness of our lives.

The weekend includes:

- Daily talks by the Director
- Prayer Services & Daily Mass
- Reconciliation Service & Opportunity for Confession
- Time for Prayer & Meditation
- Opportunity to meet with the Director and Sisters one-on-one
- Saturday meals, Sunday breakfast and lunch.

The Director:

Fr. Tom Ryan, CSP, a Paulist priest, has a rich background in prayer, dialogue, and collaboration. He directs the Paulist North American Office for Ecumenical and Interfaith Relations in Washington, DC, and is involved in leading retreats and ecumenical dialogues throughout the country. His passion for holistic spirituality is reflected in his writing. Among his dozen books are *Wellness, Spirituality, and Sports*; *Prayer of Heart and Body*; *Disciplines for Christian Living*; *Reclaiming the Body in Christian Spirituality*; *The Sacred Art of Fasting* and the DVD *Yoga Prayer*.

Reservations are required.

Deposit Amount: \$75.00 (non-refundable)

Retreat Dates: **March 9-11, 2012**
Lenten Silent Retreat for Women

Name

Address

City

State

Zip Code

Home Phone

Work Phone

E-mail

Have you made a retreat here before? _____

Do you require a main level bedroom? _____

Method of Payment (check one)

____ **Check** ____ **VISA/MasterCard**

Amount of check or charge \$ _____

Credit Card Number

Exp. Date

Name on Card

Signature

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7103 Old Dominion Drive, McLean, VA 22101