

Weekend Retreat for Men

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 for McLean, **Route 123 North**
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

In Quiet and in Trust
Your Strength Lies
Isaiah 30:15

Weekend Retreat for Men
January 20-22, 2012

Directed by
Fr. Clement Aapengnuo

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



In Quiet and In Trust Your Strength Lies

Quiet. . Trust. . Strength. Such words we often hear, and with so many and varied uses! In a 24/7 society that demands more and more each day, how can one find the necessary quiet to reflect, think, pray, decision? Is there anyone I can confide in, whom I can really trust with my inmost thoughts, concerns, hopes? Where will I find the strength to face the challenges great and small that beset me each day? We at Dominican Retreat invite you to listen to the voice of the Spirit speaking within your heart, bidding you to return, to wait, to calm down. . so that you may experience the overwhelming love and care God has for you.

Our 2012 weekend will focus on the above Scripture from Isaiah. The theme offers retreatants a touchstone for personal prayer and reflection. 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. Reservations may be made with this reservation form or by calling 703.356.4243.

January 20-22, 2012

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

The weekend includes:

- Daily Mass
- Conferences
- Discussion Groups
- Sacrament of Reconciliation
- Rosary
- Adoration
- Private Prayer Time
- Opportunity to meet one-on-one with the Director and/or Sisters
- All activities are optional

The Director: Fr. Clement Aapengnuo was born in Nandom, Ghana and ordained in 1988. In 1993 he went to Rome to attain his Masters in Social Communications. In 1996 he returned to Ghana to the new Diocese of Damango. He was Director of Communications as well as Administrator of the Cathedral until 2000.

In 2000, Fr. Clement started the No. Ghana Peace Project supported by Catholic Relief Services, and was its Director until 2006. He was then offered the opportunity to study conflict resolution and enrolled at George Mason University. He also entered service at St. Charles Borromeo parish in Arlington, VA where he quickly became a beloved fixture.

Fr. Clement received his Masters in Conflict Analysis and Resolution and is working towards his PHD in the same field. In his position at St. Charles, he devotes his service to preaching the Word of God and being about the pastoral work of his vocation.

Deposit Amount: \$75.00 (non-refundable, transferable)
Retreat Dates: **January 20-22, 2012**

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

Dominican Retreat
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