

FERMATA RETREATS

Come away with me, and rest awhile.

February 23rd - 25th



Fermata Retreat: Friday-Sunday

February 23th, 7:00pm -25th, 1:00pm, 2018

Cost: \$165, private rooms, residents only

A **Fermata** is an element of musical notation indicating that a note should be sustained and, in choral arrangements, it often signifies where a breath should be taken. The **Fermata Retreat Series** invites you to take a breath, a pause, from your everyday life and enjoy a sustained period of rest, reflection, and contemplative prayer. All retreats contain elements of spiritual direction, teaching contemplative Christian practices, corporate prayer and silence.

Fermata Retreats are open to people of all ages.

Fermata Retreats are facilitated by trained spiritual directors and retreat guides..

Please contact St. Benedict's Retreat Centre to register.

email: stbenscentre@gmail.com

phone: 204-339-1705

web: www.stbens.ca