

Contemplative Retreat for Beginners

February 13 - 15, 2026



There are many ways to pray and come to know God's unique and favored love for each of us. This silent guided retreat will explore several ways of praying contemplatively to assist us in knowing and loving God in a more intimate and personal way.

Participants will be given the opportunity to pray with various prayer styles. Optional gatherings for sharing the fruits and graces of prayer will be offered.

**Presenters: Sr. Kathy Benham, IHM and
Sr. Rose Adams, IHM**

Cost: \$375

Register online at www.sanalfonsoretreats.org

Phone: 732-222-2731, ext. 140

Email: info@sanalfonsoretreats.org

755 Ocean Avenue, Long Branch, NJ 07740

See page 2 for registration form

Contemplative Retreat for Beginners

February 13-15, 2026 (Friday to Sunday)

San Alfonso Retreat House • 755 Ocean Avenue • Long Branch, New Jersey 07740

To register for the **Contemplative Retreat for Beginners** at San Alfonso, please complete the registration form and mail with your deposit to **San Alfonso Retreat House** at the address above. You may also register and pay online at www.sanalfonso retreats.org

PLEASE PRINT

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Cell Phone: _(_____) _____ Work Phone: _(_____) _____

Home Phone: _(_____) _____

REQUIRED

Payment Information – Retreat Stipend \$375

To reserve a space, please enclose a **\$50 non-refundable deposit**. Stipend balance can be paid upon arrival at check-in with check, cash or credit card. Please make checks payable to: **San Alfonso Retreat House**.

Credit card payments for both deposits and balances can also be made on our website or on arrival at registration.

There will be a 3% credit card processing fee for payments made at check-in.

Deposit: _____

Balance Due: _____

Special Needs

If you have any special needs or dietary restrictions that we should be aware of, please note them here. (Due limited availability of handicap rooms, all requests may not be able to be accommodated.) Please note that our North Wing does not have an elevator and requires the use of stairs. If you are unable to manage stairs, please note that here so that room assignment can be made accordingly.

Health and Safety Guidelines

Please be aware that attendance at a retreat may be contingent upon any assessed health risk level at the local community or state level. Retreatants will be asked to assess their health situation prior to retreat to discern whether it is safe to attend at that time.

Signature: _____ Date: _____