

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

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Email: info@sanalfonsoretreats.org

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