

# What to bring

- Toiletries
- Appropriate clothing for Mass
- Rosary beads
- A pen and notebook for writing resolutions and inspirations from the retreat

Food, towels and bed linen are provided.

# Questions?

If you have any questions or concerns regarding retreats, please do not hesitate to ask someone from Lowana or a person who has attended retreats before. They will help clarify any doubts you may have and can give you the encouragement you might need.

# SPIRITUAL RETREATS

BARGO

BARGO CONFERENCE  
CENTRE

44-46 HAMBRIDGE ROAD  
BARGO NSW 2574



<https://www.lowana.org.au/>

*Lowana*

# About spiritual retreats

A spiritual retreat is a unique time for individuals to rediscover the value of silence in order to learn how to better listen to and converse with God. It is an opportunity to step back and escape the noise of the world, allowing you to engage in meaningful self-reflection and develop a personal relationship with Jesus Christ.

## What to expect

During the retreat there will be a series of talks and guided meditations. Much time is provided for personal prayer, as well as Confession and spiritual direction with a Priest, if you wish. Holy Mass and Benediction with the Blessed Sacrament will also be celebrated each day.

## Dates

**YEAR 10 & 11** - June 12-14

**YEAR 12** - June 26-28

**UNIVERSITY STUDENTS** - July 17-19

**YEAR 9** - September 28-30

# Registration

Contact the following leaders to register:

### *High school*

Lourdes Muerza 0421 200 533

### *University*

Lizzy Sofatzis 0403 007 938

Please note that your place in the retreat is secured only once payment is made in full.

The cost of the retreat is \$100.

Payments are to be made by direct debit to the Lowana Club account:

BSB: 032-273

Account No: 295568

Remittance: Retreat, Surname and first initial

"Come with me  
by yourselves to  
a quiet place  
and rest for a  
while."

- Mark 6:31

