

...and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

Rom. 5:5



Women's

SPIRITUAL EXERCISES RETREAT NOVEMBER 21-23, 2025

ST. FRANCIS SPRINGS PRAYER CENTER
STONEVILLE, NC

REGISTRATION OPEN

Visit www.rcnorthcarolina.org/women

Or Scan QR Code

Space Limited. Register by Oct. 9th.

\$350 single/\$290 double

Payment Plan Available



WHAT ARE THE "SPIRITUAL EXERCISES"?

The Spiritual Exercises are a long time practice of the Church, established by St. Ignatius of Loyola, that leads you through the story of salvation and helps you to make it your own. This silent retreat has been a turning point for many, moving from knowing about God, to knowing Him in a personal vital way, and becoming aware of His voice, as the Good Shepherd who knows you and guides you.

Contact Sue Perez with questions:

RCSuePerez@gmail.com

RETREAT DETAILS

- Open to women 18 and older.
- Mothers with nursing babies welcome.
- Check in 3 pm to 5 pm Friday
- Depart 2 pm on Sunday
- Meditations, Mass, Adoration, opportunities for Spiritual Direction and Confession, personal prayer and rest time.
- Single or Double occupancy, private bedroom and bath with linens and towels.
- Friday dinner through Sunday lunch provided, plus plenty of snacks!

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