



## Guided Reflective Retreats

Join one of Soul Journeys 3 night retreats. Together we will learn and practice meditation, prayer, listening, silence and community.

The itinerary will include:

- **Thursday** - eve opening session and group reflection.
- **Friday** - morning learning & practice, afternoon silence, and evening reflection.
- **Saturday** - morning learning and practice, afternoon and eve silence.
- **Sunday** - morning break silence and reflection, concluding before noon.

Also included: meals, accommodations, materials, & one on one spiritual guidance. On-site you will discover updated facilities, access to chapels, grounds, quiet places, wooded areas, trails & paved walkways.

Three dates are available:

**January 23-26, February 13-16, or April 2-5.**

Franciscan House of Prayer  
13820 Main Street • Lemont, IL

Cost is \$525 per person, \$150 to reserve your place.

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