

Sacred Heart Retreat Center



A place for prayer

The Sacred Heart Jesuit Retreat Center Sedalia, CO

For more than forty years now, people of every faith and walk of life have come to Sacred Heart Jesuit Retreat House to find quiet, peace and renewed energy for daily living.

The Retreat House is a place from which to see clearly. You can look west to the mountains rising over the foothills and east to ranch valleys and gentle mesas. Even more, you can look within to see the direction your life has taken and the choices you face.

The arched beams of the chapel, lounge and dining room, and the attractive simplicity of the fifty private rooms add to nature's beauty the charm and warmth of home. Delight and joy come from hearty food and good books.

*Blessed are the
pure in heart,
for they shall see God.*

Matthew 5.8

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Beauty and Brokenness Journeying toward wholeness



An Annual Retreat for Prayer
and Spiritual Awakening

November 16 - 18, 2007
Sacred Heart Retreat Center

You are invited

to remember who you are

In the intoxicating activity of our daily lives we tend to forget who we are and what is truly important to us. We ignore the longing of our souls to bring heaven to earth in our very being. A spiritual retreat is an opportunity to reconnect to the inner life, a true re-treat to experience the beauty and ecstasy of our own souls and to reclaim our divine inheritance.

to worship and pray

Take time for contemplative worship with music from the Iona community, traditional chants, prayers from the Christian liturgy and the music and prayer-style of Taizé.

to hold silence

This retreat will honor the values of the Sacred Heart Retreat Center by observing silence throughout the weekend. Exceptions are made for one-on-one spiritual guidance, group meditation, prayer and group sessions.

to open your heart

Throughout the weekend, we will explore the relationship between beauty and brokenness. You will be encouraged to look deeply at your life, to walk and rest. This weekend is designed to help you prepare spiritually for the season of Advent and to open your heart to the transforming power of Christ's birth in you.



Rebecca Gale is a vocalist, guitarist, songwriter, and recording artist in the Denver area. Rebecca offers her music through a variety of venues; for prayer and healing services, private house gatherings and weddings, funerals, memorial services, and other occasions. She also serves as a soprano cantor for Taizé-style contemplative prayer services around the city. Additional information on the artist is available at www.rebeccagale.com.

Rita Berglund, MA, serves individuals, children, couples, and families. She serves as a therapist, adjunct professor at Naropa University and the Benet Hill Spiritual Formation program. Rita is a spiritual director and retreat leader and is the author of "An Alphabet about Kids with Cancer" and sees life as a sacred and creative adventure filled with amazing possibilities for each person.



Friday, November 16:

Registration 2 - 3 pm
Session I *Beginnings* 3 pm
Afternoon prayer
Dinner
Session II *Guided Meditation*
Evening prayer

Sunday, November 18:

Morning prayer
Breakfast
Session V *Guided Meditation*
Noonday prayer
Lunch
Session VI *Integration*
Going home 3 pm

Saturday, November 17:

Morning prayer
Breakfast
Session III *Guided Meditation*
Noonday prayer
Lunch
Personal time
Afternoon prayer
Dinner
Session IV *Guided Meditation*
Evening prayer

With the
eyes of
your heart
enlightened,
you will know
the hope to which
you belong.

Ephesians 1.18

REGISTRATION

Registration for this retreat is limited. Send this completed form early to save money and reserve your space. We will send confirmation with a map and other essential information. Cost includes single-room accommodation, meals and materials.

COST

\$249 per person before October 19, 2007

\$269 after October 19, 2007

Full time student: \$225

Make your check to: *Illuminated Journeys*

TO REGISTER

By Mail:

Illuminated Journeys
8273 E. Davies Ave.
Centennial, CO 80112

By Phone: 303.523.7111

By e-mail: info@illuminatedjourneys.com

Online: www.illuminatedjourneys.com

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