

## At A Glance - Retreat Schedule

### 2017 - 2018

**August 11-13:** *Women's Weekend*  
**August 21-25:** *Franciscan Friars*  
**August 29-31:** *Youth for Truth*  
**September 8-10:** *Women's Weekend*  
**September 12-14:** *Women's Midweek*  
**September 15-17:** *Men's Serenity Weekend*  
**Sept 29 - Oct 1:** *Women: Friends & Relatives of Alcoholics*  
**October 1:** *Trails to the Mount*  
**October 13-15:** *Women's Serenity Weekend*  
**October 20-22:** *Women's Weekend*  
**October 27-29:** *Secular Franciscans*  
**November 3-5:** *Men's Weekend*  
**November 9-12:** *Outside Group - Private Booking*  
**November 17-19:** *Men's Serenity Weekend*  
**November 23-26:** *Outside Group - Private Booking*  
**December 1-3:** *Advent Retreat*  
**December 3:** *St Francis Christmas Pageant*  
**December 15-17:** *Winter Stillness*  
**January 5-7:** *Men's Weekend*  
**January 12-14:** *Society of St Vincent de Paul and Friends*  
**January 19-21:** *Mixed Serenity Weekend*  
**January 26-28:** *Women's Weekend*  
**February 2-4:** *Men's Weekend*  
**February 9-13:** *Outside Group - Private Booking*  
**February 16-18:** *Youth for Truth*  
**March 2-4:** *Westside King's Church*  
**March 9-11:** *Women's Serenity Weekend*  
**March 16-18:** *Living In The Spirit*  
**March 23-25:** *Women's Weekend*  
**April 6-8:** *Men's Serenity Weekend*  
**April 13-15:** *Anglican Weekend*  
**April 20-22:** *Married Couple's Weekend*  
**April 27-29:** *Women's Weekend*  
**May 11-13:** *Outside Group - Private Booking*  
**May 14-18:** *Diocese of Calgary RC Clergy*  
**May 25-27:** *Outside Group - Private Booking*  
**June 1-3:** *Women's Weekend*  
**June 8-10:** *Men's Weekend*  
**June 18-24:** *6 Day Preached Retreat*  
**July 22-29:** *7 Day Directed Retreat*



## Women's Retreats

### August 11-13, 2017, Friday to Sunday

Ann Ivan ..... 403-227-4695  
 annivan40@gmail.com  
 Bev Burton ..... 403-302-0769  
 bevburtonsfo@hotmail.com

### September 8-10, 2017, Friday to Sunday

Audrey Mulrooney-Hutmacher ..... 403-342-2801  
 audrey01@shaw.ca  
 Margo Swensrude ..... 403-346-5235  
 swensrude@shaw.ca

### September 12-14, 2017, Tuesday - Thursday

Kathy Oczkowski ..... 403-246-0660  
 fkoczkowski@shaw.ca  
 Katherine Cormier ..... 403-273-3823  
 wkcorm@telus.net

### October 20-22, 2017, Friday to Sunday

Christina Kostiuik ..... 403-851-1012  
 c.kostiuik@shaw.ca  
 Janet Durksen ..... 403-278-4007  
 jdurksen@shaw.ca

### January 26-28, 2018, Friday to Sunday

Simone DeCnodder ..... 587-223-4896  
 moniecede@gmail.com  
 Dayna Muscoby ..... 403-460-7381  
 daydc@hotmail.com  
 Dianna Ridgway ..... 403-284-1702  
 deedee411@live.ca  
 Margaret Ridgway ..... 403-689-0358  
 mridgway730@gmail.com

### March 23-25, 2018, Friday to Sunday

Teresa Grice ..... 403-329-8967  
 teresa.grice2@alumni.uleth.ca  
 Jane Gainer ..... 403-854-3543  
 jgainer@ualberta.ca

### April 27-29, 2018, Friday to Sunday

Janice Ebbert ..... 403-681-4521  
 jaebbert@shaw.ca  
 Rita Alexander ..... 403-381-4974  
 ritaalexander@xplornet.com  
 Jennie Hollings ..... 403-275-4918  
 jenniehollings@gmail.com

### June 1-3, 2018, Friday to Sunday

Sharon Heffernan ..... 403-295-2622  
 slmch1@telus.net  
 Cathy Pamer ..... 403-274-3217



## Men's Retreats

### November 3-5, 2017, Friday to Sunday

Deacon Leo Farley ..... 780-352-7193  
 Don Mattern ..... 403-381-7319  
 mattern2@telus.net  
 Karl Airey ..... 403-382-8577  
 karlaireyonline@gmail.com

### January 5-7, 2018, Friday to Sunday

Paul Valentine ..... Wk 403-217-7466  
 ..... Hm 403-243-5261  
 paul@valentinevolvo.com  
 Bill Locke ..... 403-874-1814  
 billilocke@gmail.com

### February 2-4, 2018, Friday to Sunday

Ken Hagel ..... 403-932-7067  
 7milagro8@gmail.com  
 Vincent Mendonsa ..... 403-249-6823  
 mendonsa@telus.net

### June 8-10, 2018, Friday to Sunday

Tony Weyers ..... 403-934-3992  
 gailweyers@hotmail.com  
 Ken Moen ..... C 403-888-8833 Hm 403-452-7820  
 kenmoen19@gmail.com  
 Ken Moen Sr. .... C 403-866-1270 Hm 403-527-0270  
 kmoen@telus.net



## Mixed Retreats

### October 27-29, 2017, Friday to Sunday

*Secular Franciscan Order*  
 Louisa Gagne ..... 403-224-2335  
 louisagagne@xplornet.com  
 Linda Schultz ..... 403-245-8549  
 linschz@hotmail.com

### December 1-3, 2017, Friday to Sunday

*Advent Retreat*  
 Linda and Russ Nicol ..... 403-932-1804  
 lindamnicol@outlook.com

### December 15-17, 2017, Friday to Sunday

*Winter Stillness*  
 Mount St. Francis Admin ..... 403-932-2012  
 mtfrancis@shaw.ca

### January 12-14, 2018, Friday to Sunday

*Society of St. Vincent de Paul and Friends*  
 Marilyn Meek ..... 403-254-9726  
 marilyn-m1@shaw.ca  
 Pamela Rath ..... 403-651-5679  
 pamrath@shaw.ca

### March 16-18, 2018, Friday to Sunday

*Living in the Spirit*  
 Doreen & Patrick Coffey ..... 403-281-6025  
 coffeypd@live.ca  
 Vivienne Hiltermann ..... 403-286-9364  
 vivienne.hiltermann@gmail.com

### April 13-15, 2018, Friday to Sunday

*Anglican Retreat*  
 Statia & Leon Demers ..... 403-242-1332  
 leon-statia@shaw.ca

### April 20-22, 2018, Friday to Sunday

*Married Couples*  
 Paul & Michele Grover ..... 403-808-8275  
 changrover@shaw.ca

### June 18-24, 2018, 6-Day Retreat

*Preached Retreat*  
 Mount St. Francis Admin ..... 403-932-2012  
 mtfrancis@shaw.ca

### July 22-29, 2018, 7-Day Retreat

*Directed Retreat*  
*Spiritual Directors: Retreat Team*  
 Mount St. Francis Admin ..... 403-932-2012  
 mtfrancis@shaw.ca

## Serenity Retreats

Serenity Weekend and Twilight Retreats (see back page)  
 These retreats focus especially on the spirituality of the 12-step program. However all are welcome.

### September 15-17, 2017, Friday to Sunday

*Men's Serenity*  
 Jim D. .... 780-484-8713  
 j david@moderndigital.net

### September 29-October 1, 2017, Friday to Sunday

*Women: Friends & Relatives of Alcoholics*  
*Guest Presenter: Helena Fitzgerald, Winnipeg, MB*  
 Norma G. .... 587-331-8958  
 cozygauthier@gmail.com  
 Donna H. .... 403-461-8843  
 donna.hogan@gmail.com

### October 13-15, 2017, Friday to Sunday

*Women's Serenity*  
 Shawn D. .... 403-613-1704  
 olivercavi5@gmail.com  
 Lynn H. .... 780-483-5722  
 lyhug4@gmail.com

### November 17-19, 2017, Friday to Sunday

*Men's Serenity*  
 Jim G. .... 403-242-0688  
 jgehl@telus.net  
 Mike K. .... 780-459-6158

### January 19-21, 2018, Friday to Sunday

*Mixed Serenity*  
 Jim B. .... 780-435-2403  
 Dylan J. .... 780-278-0533  
 dajensen2012@gmail.com

### March 9-11, 2018, Friday to Sunday

*Women's Serenity*  
 Sharon G. .... 250-341-1640  
 conceptwestservices@gmail.com  
 Karen C. .... 403-479-6883  
 cklcleans@gmail.com

### April 6-8, 2018, Friday to Sunday

*Men's Serenity*  
 Trent F. .... 403-803-1444  
 trent.foley@contractpro.ca  
 Ron P. .... 403-797-1957  
 purseyron@hotmail.com  
 Dale C. .... 780-672-1957  
 dalelynnne47@gmail.com  
 Kerry G. .... 587-433-2166  
 adue@gmail.com

## Types of Retreats

### Regular Silent Retreats

All our regular weekend retreats (and our two-day midweek retreats) are organized through the **generous service of Captains who volunteer to register Retreatants**. Reservations for these retreats are made with any of the Captains whose names, phone numbers, and email addresses appear inside this brochure. **Your registration with the Captain is your confirmation.** To cancel, please contact the Captain immediately. These retreats begin with check-in on Friday from 5:00 pm to 7:00 pm with supper at 7:00 pm. Silence begins with the first session after supper. Eucharist is celebrated on both Saturday and Sunday. These retreats end with lunch.

### Midweek Twilight Retreats (Evenings)

Various groups (church and other) are welcome to arrange for a meditative evening (6:00 - 9:00 pm). Registration is at 6:00 pm with supper at 6:30 pm. Our program consists of a reflective talk given after supper, followed by a silent meditation and a closing ceremony. You are welcome to book a date and bring your own facilitator and/or program if you so wish. To book, contact the retreat centre office.

### Winter Stillness Weekend Retreat (December 15-17, 2017)

This retreat is for those who feel called to **unplug and simply rest** in the silence and beauty of the setting. Prayer resources will be available but there will be no preached conferences. Meals are provided and you may gather with the Franciscan Friars for morning and evening prayer as well as the Eucharist. Appointments with a retreat team member may be arranged prior to your stay.

### A Day Away Retreat

This retreat begins with a prayer reflection and includes the celebration of the Eucharist, home cooked lunch, private room (optional) and quiet time. 9:00 a.m. - 3:00 p.m.

The dates for these days are October 18 (Wed), November 16 (Thurs), December 6 (Wed), January 18 (Thurs), February 28 (Wed), March 21 (Wed), April 17 (Tues), May 24 (Thurs).

### Individual Silent Retreats

The Mount is also available midweek for individuals who seek a time of silent reflection and prayer. If you desire an appointment with a retreat team member, please book prior to your stay.

## Week Long Retreats

For those who wish a **longer time** for prayer and reflection in our peace-filled pastoral setting, **each summer** the Mount hosts two longer retreats. A 7-day directed retreat is scheduled for July 22-29, 2018; this retreat begins on Sunday with supper. A 6-day preached retreat is scheduled for June 18-24, 2018; this retreat begins on Monday with supper. Both of these retreats conclude Sunday with brunch. If assistance is required for transportation, please contact the retreat centre.

## Serenity Twilight Retreats 2017-18

The Serenity Twilights take place on the first Wednesday and Thursday of each month. To register please call 403-932-2012 or email [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca) a few days before the date. This year Serenity Twilights will focus on the principles of A.A., selecting one principle from those noted in the quote below:

“The principles of Twelve Step recovery are the opposite of our character defects. In recovery, we try to take the opposite of our character defects and shortcomings and turn them into principles. For example, we work to change fear into faith, hate into love, egoism into humility, anxiety and worry into serenity, complacency into action, denial into acceptance, jealousy into trust, fantasy into reality, selfishness into service, resentment into forgiveness, judgmentalism into tolerance, despair into hope, self-hate into self-respect and loneliness into fellowship.” (Taken from Drop the Rock: Removing Character Defects)

### September

Women: Thursday 7 Men: Wednesday 6

### October

Women: Wednesday 4 Men: Thursday 5

### November

Women: Thursday 2 Men: Wednesday 1

### December

Women: Wednesday 6 Men: Thursday 7

### January

Women: Thursday 4 Men: Wednesday 3

### February

Women: Wednesday 7 Men: Thursday 8

### March

Women: Thursday 8 Men: Wednesday 7

### April

Women: Wednesday 4 Men: Thursday 5

### May

Women: Thursday 3 Men: Wednesday 2

### June

Women: Wednesday 6 Men: Thursday 7

## Retreat to the beauty of creation

### Silent Retreat Theme: Encountering the Sacred: Intimacy with God

Come away to a quiet place and find rest and renewal. The presentations on this retreat will focus on creating a place of stillness and peace within; encountering the sacred in our relationships and through our woundedness; reflecting on God's free desire to share life and love with us; and being sent to do the same in our world.

These 40 hour silent retreats are a time of inspiration, reflection and healing based on the Judeo-Christian traditions and Scriptures.

### Costs

Over the past 68 years, the generosity of so many people have enabled The Mount to continue its ministry. We are keeping the cost at \$185 for our regular weekend retreats, \$90 for an individual 24-hour retreat, \$25 for serenity twilight retreats, \$30 for an evening twilight or Day Away retreat (\$40 with a private room). Day and evening retreats include one meal. The cost of a 7-Day Directed retreat is \$650.00 and the 6-Day Preached retreat is \$600. An income tax receipt will be issued for donations of \$20 or more above our costs. Retreat gift certificates are available through the office.

### Meals and Dietary Concerns

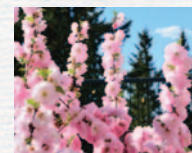
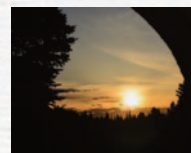
Our outstanding kitchen staff prepares all meals at the Mount, providing an experience of deliciously wholesome dining. If you have special dietary requirements please notify us before arrival at 403-932-2012 or email [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca).

### Facilities available:

**Main Retreat Centre:** 36 rooms (2 double), conference room, dining room, chapel, and library.  
**St. Elizabeth Place:** 6 rooms (2 double) and meeting space for 10-15. Ideal for group meetings and seminars.  
**Lodge 3 (old carriage house):** 4 rooms plus sitting room.  
**Hermitage:** Our log cabin hermitage is open for a rustic, meditative time apart.  
**Pavillion:** Open air facility accommodates 200 in theatre-style seating.

### Bookings

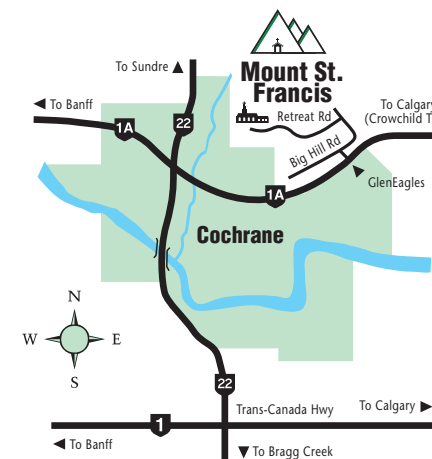
To book for regular silent retreats, please register with one of the captains listed in the brochure for the retreat you wish to attend. For any other bookings or inquiries, phone the office at 403-932-2012 or email [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca).



## Mission Statement

Mount St. Francis is a retreat centre set apart in the foothills of the Rocky Mountains where all are welcomed in the name of Christ. The Franciscan Friars of Western Canada, inspired by the vision and example of Saints Francis and Clare of Assisi, in collaboration with the Roman Catholic Diocese of Calgary and many other loyal supporters, have served in this spiritual centre of peace, healing, and prayer since its foundation in 1949.

Mount St. Francis Retreat Centre is a sponsored ministry of the Franciscan Friars of Western Canada. For more information, see [www.franciscanfriars.ca](http://www.franciscanfriars.ca)



## Mount St. Francis Retreat Centre

Phone: 403-932-2012 Fax: 403-932-6151

Email: [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca)

Web Site: [www.mountstfrancis.ca](http://www.mountstfrancis.ca)

Box 430, Cochrane, Alberta, Canada, T4C 1A6  
(civic address - 41160 Retreat Road)

# Mount St. Francis Retreat Centre

## Cochrane, Alberta

## ENCOUNTERING THE SACRED: INTIMACY WITH GOD



## August 2017 – August 2018