

## At A Glance - Retreat Schedule

### 2018 - 2019

**August 10-12** *Women's Weekend*  
**August 20-23** *Franciscan Friars*  
**August 28-30** *Youth for Truth*  
**September 7-9** *Women's Weekend*  
**September 11-13** *Women's Midweek*  
**September 14-16** *Men's Serenity Weekend*  
**September 21-23** *Outside Group - Private Booking*  
**September 28-30** *Women: Friends & Relatives of Alcoholics*  
**September 30** *Trails to the Mount*  
**October 12-14** *Women's Serenity Weekend*  
**October 19-21** *Women's Weekend*  
**October 26-28** *Secular Franciscans*  
**November 2-4** *Men's Weekend*  
**November 8-11** *Outside Group - Private Booking*  
**November 16-18** *Men's Serenity Weekend*  
**November 22-25** *Outside Group - Private Booking*  
**November 30 - December 2** *Winter Stillness*  
**December 2** *St Francis Christmas Pageant*  
**December 7-9** *Advent Retreat*  
**December 14-16** *Outside Group - Private Booking*  
**January 4-6** *Men's Weekend*  
**January 11-13** *Society of St Vincent de Paul and Friends*  
**January 18-20** *Mixed Serenity Weekend*  
**January 25-27** *Women's Weekend*  
**February 1-3** *Men's Weekend*  
**February 15-17** *Youth for Truth*  
**February 19-28** *Outside Group - Private Booking*  
**March 1-3** *Living In The Spirit*  
**March 8-10** *Outside Group - Private Booking*  
**March 15-17** *Women's Serenity Weekend*  
**March 22-24** *Women's Weekend*  
**March 29-31** *Men's Serenity Weekend*  
**April 5-7** *Anglican Weekend*  
**April 12-14** *Married Couple's Weekend*  
**April 26-28** *Women's Weekend*  
**May 3-5** *Outside Group - Private Booking*  
**May 10-12** *Outside Group - Private Booking*  
**May 13-17** *Diocese of Calgary RC Clergy*  
**May 24-26** *Outside Group - Private Booking*  
**May 31 - June 2** *Women's Weekend*  
**June 7-9** *Men's Weekend*  
**June 10-15** *Outside Group - Private Booking*  
**June 17-23** *6 Day Preached Retreat*  
**July 21-29** *7 Day Directed Retreat*

## Women's Retreats

**August 10-12, 2018, Friday to Sunday**  
Ann Ivan ..... 403-227-4695  
annivan40@gmail.com

**September 7-9, 2018, Friday to Sunday**  
Audrey Mulrooney-Hutmacher ..... 403-342-2801  
audrey01@shaw.ca

Margo Swensrude ..... 403-346-5235  
swensrude@gmail.com

**September 11-13, 2018, Tuesday - Thursday**  
Kathy Oczkowski ..... 403-246-0660  
fkoczkowski@shaw.ca

Katherine Cormier ..... 403-273-3823  
wkcorm@telus.net

**October 19-21, 2018, Friday to Sunday**  
Christina Kostiuik ..... 403-851-1012  
c.kostiuik@shaw.ca

Janet Durksen ..... 403-278-4007  
jdurksen@shaw.ca

**January 25-27, 2019, 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 22-24, 2019, Friday to Sunday**  
Teresa Grice ..... 403-329-8967  
teresa.grice2@alumni.uleth.ca

Jane Gainer ..... 403-857-8000  
jgainer@ualberta.ca

**April 26-28, 2019, 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

**May 31- June 2, 2019, Friday to Sunday**  
Sharon Heffernan ..... 403-295-2622  
slmch1@telus.net

Cathy Pamer ..... 403-274-3217



## Men's Retreats

**November 2-4, 2018, Friday to Sunday**  
Karl Airey ..... 403-382-8577  
karlaireyonline@gmail.com

Don Mattern ..... 403-381-7319  
mattern2@telus.net

Deacon Leo Farley ..... 780-352-7193

**January 4-6, 2019, 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 1-3, 2019, Friday to Sunday**  
Ken Hagel ..... 403-932-7067  
7milagro8@gmail.com

Vincent Mendonsa ..... 403-249-6823  
stamp2000inc@telus.net

**June 7-9, 2019, Friday to Sunday**  
Tony Weyers ..... 403-934-3992  
gailweyers@hotmail.com

Ken Moen ..... .Hm. 403-452-7820  
..... .C. 403-888-8833  
kenmoen19@gmail.com

Ken Moen Sr ..... .Hm. 403-527-0270  
..... .C. 403-866-1270  
kmoen@telus.net

## Mixed Retreats

**October 26-28, 2018, Friday to Sunday**  
*Secular Franciscan Order*  
Louisa Gagne ..... 587-360-1064  
louisagagne@shaw.ca

Linda Schultz ..... 403-245-8549  
linschz@hotmail.com

**November 30 - December 2, 2018, Friday to Sunday**  
*Winter Stillness*  
Mount St. Francis Admin ..... 403-932-2012  
mtfrancis@shaw.ca

**December 7-9, 2018, Friday to Sunday**  
*Advent Retreat - Guest Presenter: Bishop Henry*  
Linda and Russ Nicol ..... 403-932-1804  
lindamnicol50@gmail.com

**January 11-13, 2019, Friday to Sunday**  
*Society of St. Vincent de Paul and Friends*  
Marilyn Meek ..... 403-254-9726  
marilyn-m1@shaw.ca

**March 1-3, 2019, Friday to Sunday**  
*Living in the Spirit*  
Doreen & Patrick Coffey ..... 403-281-6025  
coffeypd@live.ca

Vivienne Hiltermann ..... 403-614-6027  
vivienne.hiltermann@gmail.com

**April 5-7, 2019, Friday to Sunday**  
*Anglican Retreat*  
Stafia & Leon Demers ..... 403-242-1332  
leon-stafia@shaw.ca

**April 12-14, 2019, Friday to Sunday**  
*Married Couples*  
Paul & Michele Grover ..... 403-808-8275  
changrover@shaw.ca

**June 17-23, 2019, 6-Day Retreat**  
*Preached Retreat*  
Mount St. Francis Admin ..... 403-932-2012  
mtfrancis@shaw.ca

**July 21-29, 2019, 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. These retreats focus especially on the spirituality of the 12-step program. However all are welcome.

**September 14-16, 2018, Friday to Sunday**  
*Men's Serenity*  
Jim D. .... 780-484-8713  
j david@moderndigital.net

**September 28-30, 2018, Friday to Sunday**  
*Women: Friends & Relatives of Alcoholics*  
*Guest Presenter: Helena Fitzgerald, Winnipeg, MB*  
Donna H. .... 403-461-8843  
donna.hogan@gmail.com

Norma G. .... 587-331-8958  
cozygauthier@gmail.com

**October 12-14, 2018, Friday to Sunday**  
*Women's Serenity*  
Shawn D. .... 403-613-1704  
olivercavi5@gmail.com

Lynn H. .... 780-720-5297  
lyhug4@gmail.com

**November 16-18, 2018, Friday to Sunday**  
*Men's Serenity*  
Jim G. .... 403-242-0688  
jgehl@telus.net

**January 18-20, 2019, Friday to Sunday**  
*Mixed Serenity*  
Jim B. .... 780-435-2403  
Dylan J. .... 780-278-0533  
dajensen2012@gmail.com

Gord G. .... 780-340-3547  
gcgushue@yahoo.ca

**March 15-17, 2019, Friday to Sunday**  
*Women's Serenity*  
Sharon G. .... 250-341-1640  
conceptwestservices@gmail.com

Karen C. .... 403-479-6883  
cklcleans@gmail.com

**March 29-31, 2019, Friday to Sunday**  
*Men's Serenity*  
Trent F. .... 403-803-1444  
trent.foley@contractpro.ca

Ron P. .... 403-797-1957  
purseyron@hotmail.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 (November 30-December 2, 2018)

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 17 (Wed), November 15 (Thurs), December 12 (Wed), January 17 (Thurs), February 13 (Wed), March 20 (Wed), April 25 (Thurs), May 22 (Wed).

### 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 2019

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 21-28, 2019; this retreat begins on Sunday with supper. A 6-day preached retreat is scheduled for June 17-23, 2019; this retreat begins on Monday with supper. Both retreats conclude Sunday with brunch. If assistance is required for transportation, please contact the retreat centre.

## Serenity Twilight Retreats 2018-19

The Serenity Twilights take place normally 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 the Serenity Twilights will take as their starting point some of the key slogans in the program, uncovering the wisdom and practical help they provide.

### September

Women: Thursday 6 Men: Wednesday 5

### October

Women: Wednesday 3 Men: Thursday 4

### November

Women: Thursday 1 Men: Wednesday 7

### December

Women: Wednesday 5 Men: Thursday 6

### January

Women: Thursday 10 Men: Wednesday 9

### February

Women: Wednesday 6 Men: Thursday 7

### March

Women: Thursday 7 Men: Wednesday 6

### April

Women: Wednesday 3 Men: Thursday 4

### May

Women: Thursday 2 Men: Wednesday 1

### June

Women: Wednesday 5 Men: Thursday 6



## Silent Retreat Theme

### “Who Do You Say That I Am”

This year’s theme explores key personality traits we see in the witness of Jesus the Christ: being inclusive, non-judgmental, modeling forgiveness, being non-violent and revealing what it means to be good shepherd/merciful servant. How are we called to live these same values in our time and place? What does Jesus teach us today?

These silent retreats invite us to slow down, encounter the sacred, reflect on our life’s journey and move forward in hope.

### Costs

Over the past 69 years, the generosity of so many people have enabled The Mount to continue its ministry. This year our costs are \$195 for our regular weekend retreats, \$100 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 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. Please note that no one is turned away because of a lack of finances. You are invited to pay what you can afford. Outside groups contact the office at 403-932-2012 for applicable rates for your booking.

### 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)

### What to bring

Please bring any personal items and toiletries you may need. Rooms include a sink. All bed linens and towels are supplied. Dress for the weather and plan to spend some time outdoors, weather permitting. Please be mindful not to wear strong scents. Some people are sensitive to perfumes.

### 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)

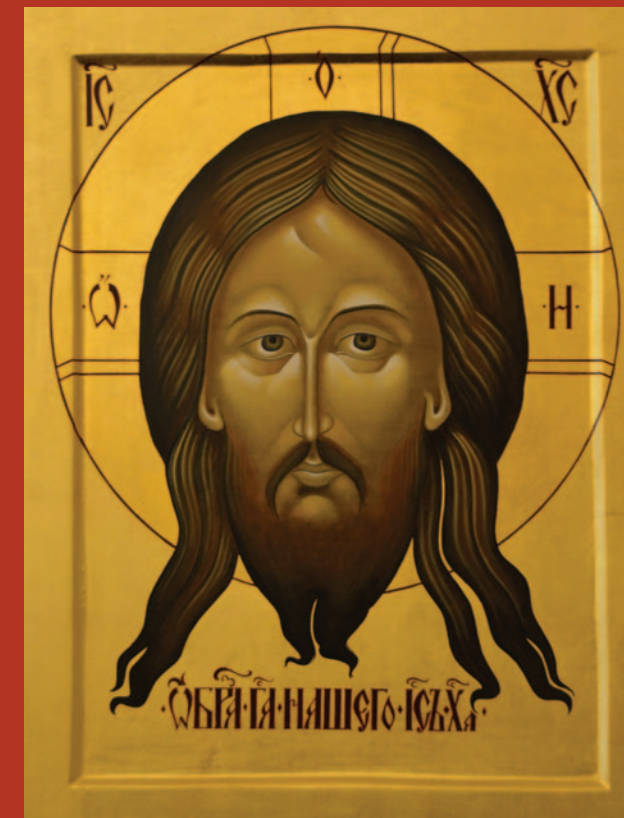
Web Site: [www.mountstfrancis.ca](http://www.mountstfrancis.ca)

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



# Mount St. Francis Retreat Centre Cochrane, Alberta

## “Who Do You Say That I Am”



August 2018 – August 2019