

At A Glance - Retreat Schedule

2019 - 2020

August 9-11: *Women's Weekend*
August 16-18: *Outside Group - Private Booking*
August 18: *70th Anniversary of Mount St. Francis*
August 19-24: *Franciscan Friars*
August 27-29: *Youth for Truth*
September 6-8: *Women's Weekend*
September 10-12: *Women's Midweek*
September 13-15: *Men's Serenity Weekend*
September 20-22: *Secular Franciscans*
Sept 27-29: *Women: Friends & Relatives of Alcoholics*
Sept 29: *Trails to the Mount / Blessing of the Animals*
October 4-6: *Women's Serenity Weekend*
October 18-20: *Women's Weekend*
Oct 25-27: *Young Christian Professionals (Ages 20-40)*
November 1-3: *Men's Weekend*
November 7-10: *Outside Group - Private Booking*
November 15-17: *Men's Serenity Weekend*
November 21-24: *Outside Group - Private Booking*
November 29 - December 1: *Advent Retreat*
December 6-8: *Winter Stillness*
December 8: *St Francis Christmas Pageant*
January 3-5: *Outside Group - Private Booking*
January 10-12: *Men's Weekend*
January 17-19: *Society of St Vincent de Paul & Friends*
January 24-26: *Mixed Serenity Weekend*
January 31 - February 2: *Women's Weekend*
February 7-9: *Men's Weekend*
February 14-16: *Youth for Truth*
February 21-23: *Outside Group - Private Booking*
February 28 - March 1: *Living In The Spirit*
March 6-8: *Women's Weekend*
March 13-15: *Outside Group - Private Booking*
March 20-22: *Anglican Weekend*
March 27-29: *Women's Serenity Weekend*
April 3-5: *Men's Serenity Weekend*
April 17-19: *Couple's Weekend*
April 24-26: *Women's Weekend*
May 1-3: *Outside Group - Private Booking*
May 8-10: *Outside Group - Private Booking*
May 22-24: *Outside Group - Private Booking*
May 25-29: *Diocese of Calgary RC Clergy*
May 29-31: *Outside Group - Private Booking*
June 5-7: *Women's Weekend*
June 12-14: *Men's Weekend*
June 15-21: *6 Day Preached Retreat*
July 19-26: *7 Day Directed Retreat*

Silent Retreat Theme:

The Way of St. Francis

We will explore the ways St. Francis of Assisi responded and lived out his love for God and all creation through his Christ-centred spirituality, simplicity of life, love for the poor and the marginalized, life in community and in dialogue with others. His simple path can deepen our own spiritual journey.

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

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.

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 to not 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 away.
Pavillion: Open air facility accommodates 200 in theatre-style seating.

Bookings

For any bookings or inquiries, phone the office at 403-932-2012 or email mtfrancis@shaw.ca.

Costs

For the past 70 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 the 6-day preached retreat is \$600 and the 7-day directed retreat is \$650. 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.



Men's Retreats

November 1-3, 2019, Friday to Sunday

Karl Airey403-382-8577
karlaireyonline@gmail.com
Don Mattern403-381-7319
mattern2@telus.net
Deacon Leo Farley780-352-7193

January 10-12, 2020, Friday to Sunday

Paul ValentineWk 403-217-7466
.....Hm 403-243-5261
paul@valentinevolvo.com
Bill Locke403-874-1814
billilocke@gmail.com

February 7-9, 2020, Friday to Sunday

Ken Hagel403-932-7067
7milagro8@gmail.com
Vincent Mendonsa403-249-6823
stamp2000inc@telus.net

June 12-14, 2020, Friday to Sunday

Ken MoenHm 403-452-7820
.....C 403-888-8833
kenmoen19@gmail.com
Ken Moen SrHm 403-527-0270
.....C 403-866-1270
kmoen@telus.net



Mixed Retreats

September 20-22, 2019, Friday to Sunday

Secular Franciscan Order
Louisa Gagne587-360-1064
louisagagne@shaw.ca
Linda Schultz403-245-8549
linschz@hotmail.com

October 25-27, 2019, Friday to Sunday

Young Christian Professionals (ages 20 to 40)
Chika Icypretreat@gmail.com
Nakasha O

November 29 - December 1, 2019

Advent Retreat
Guest Presenter: Guylain Prince ofm
Linda and Russ Nicol403-932-1804
lindamnicol50@gmail.com

December 6-8, 2019, Friday to Sunday

Winter Stillness
Mount St. Francis Admin403-932-2012
mtfrancis@shaw.ca

January 17-19, 2020, Friday to Sunday

Society of St. Vincent de Paul and Friends
Marilyn Meek403-254-9726
marilyn-m1@shaw.ca

February 28-March 1, 2020, Friday to Sunday

Living in the Spirit
Doreen & Patrick Coffey403-281-6025
coffeypd@live.ca
Vivienne Hiltermann403-614-6027
vivienne.hiltermann@gmail.com

March 20-22, 2020, Friday to Sunday

Anglican Retreat
Statia & Leon Demers403-242-1332
leon-statia@shaw.ca
Patti and John Sinclair403-288-3294
pattijoansinclair@gmail.com

April 17-19, 2020, Friday to Sunday

Couples Retreat
Paul & Michele Groverchangrover@shaw.ca
Darryl & Bernadette Bossaer403-273-1710
beboss@shaw.ca

June 15-21, 2020, 6-Day Retreat

Preached Retreat
Fr. Bob Mitchell ofm, and Retreat Team
Mount St. Francis Admin403-932-2012
mtfrancis@shaw.ca

July 19-26, 2020, 7-Day Retreat

Directed Retreat
Spiritual Directors: Retreat Team
Mount St. Francis Admin403-932-2012
mtfrancis@shaw.ca

Women's Retreats

August 9-11, 2019, Friday to Sunday

Ann Ivan403-227-4695
annivan40@gmail.com
Margaret Velthuis Kroeze403-340-0605
mlvk@shaw.ca

September 6-8, 2019, Friday to Sunday

Audrey Mulrooney-Hutmacher403-342-2801
audrey01@shaw.ca
Margo Swensrude403-346-5235
swensrude@gmail.com

September 10-12, 2019, Tuesday - Thursday

Kathy Oczkowski403-246-0660
fkoczkowski@shaw.ca
Katherine Cormier403-273-3823
wkorm@telus.net

October 18-20, 2019, Friday to Sunday

Christina Kostiuk403-851-1012
c.kostiuk@shaw.ca
Janet Durksen403-278-4007
jdurksen@shaw.ca

January 31 - February 2, 2020, Friday to Sunday

Simone DeCnodder587-223-4896
moniecede@gmail.com
Dayna Muscoby403-460-7381
daydc@hotmail.com
Dianna Ridgway403-284-1702
deedee411@live.ca
Margaret Ridgway403-689-0358
mridgway730@gmail.com

March 6-8, 2020, Friday to Sunday

Teresa Grice403-329-8967
teresa.grice2@alumni.uleth.ca
Jane Gainer403-857-8000
jgainer@ualberta.ca

April 24-26, 2020, Friday to Sunday

Janice Ebbert403-681-4521
jaebbert@shaw.ca
Rita Alexander403-381-4974
ritaalexander@xplornet.com

June 5-7, 2020, Friday to Sunday

Cathy Pamer403-274-3217
Erina Leiva403-289-1758
emheffernan@shaw.ca

Serenity Weekend Retreats

The book *Alcoholics Anonymous*, the “Big Book,” was published 80 years ago (1939). Since that time, countless people have used the 12 Step program’s “simple kit of spiritual tools” to leave behind a life of debilitating addiction and discover a new and fulfilling life. As the Big Book says: “We absolutely insist on enjoying life.” This retreat will focus on the spiritual dynamics and simple practical steps that lead to a richer and more robust life.

September 13-15, 2019, Friday to Sunday

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

September 27-29, 2019, 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 4-6, 2019, Friday to Sunday

Women’s Serenity
Shawn D.403-613-1704
olivercavi5@gmail.com
Lynn H.780-720-5297
lyhug4@gmail.com

November 15-17, 2019, Friday to Sunday

Men’s Serenity
Jim G.403-242-0688
jgehl@telus.net
Lanny M.403-247-9220
lansingi@shaw.ca

January 24-26, 2020, 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 27-29, 2020, Friday to Sunday

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

April 3-5, 2020, Friday to Sunday

Men’s Serenity
Trent F.403-803-1444
trent.foley@contractpro.ca
Ron P.403-797-1957
purseyron@hotmail.com
Tim M.403-869-1885
timmcginty3@gmail.com



Serenity Twilight Retreats 2019-20

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 a few days before the date.

This year the Serenity Twilights will focus on the series of promises contained in the “Big Book” for those who follow the path of recovery. The path is simple, though not easy. Reflecting on the promises, like signposts along the way, gives a sure hope that the way is true.

September

Women: Thursday 5 Men: Wednesday 4

October

Women: Wednesday 2 Men: Thursday 3

November

Women: Thursday 14 Men: Wednesday 6

December

Women: Wednesday 4 Men: Thursday 5

January

Women: Thursday 9 Men: Wednesday 8

February

Women: Wednesday 5 Men: Thursday 6

March

Women: Thursday 5 Men: Wednesday 4

April

Women: Wednesday 1 Men: Thursday 2

May

Women: Thursday 7 Men: Wednesday 6

June

Women: Wednesday 3 Men: Thursday 4

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 on the theme of the retreat. There are five sessions over the course of the retreat and an opportunity to meet individually with a member of the Retreat Team, if you wish. Eucharist is celebrated each day. Retreats conclude 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 silent meditation and a closing reflection. 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.

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 am - 3:00 pm. The dates for these days are Wednesdays, October 16, November 13, December 11, January 15, February 12, March 11, April 15, May 13.

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 Silent Retreats 2020

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 6-day preached retreat is scheduled for June 15-21, 2020; this retreat begins on Monday with supper. A 7-day directed retreat is scheduled for July 19-26, 2020; this retreat begins on Sunday with supper. Both retreats conclude Sunday with brunch. If assistance is required for transportation, please contact the retreat centre.



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, 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 Canada. For more information, see www.franciscanfriars.ca



Mount St. Francis Retreat Centre

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Mount St. Francis Retreat Centre

Cochrane, Alberta

THE WAY OF ST. FRANCIS



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August 2019 – August 2020