



# SPIRITUAL RETREAT FOR LADIES

(BASED ON THE SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA)

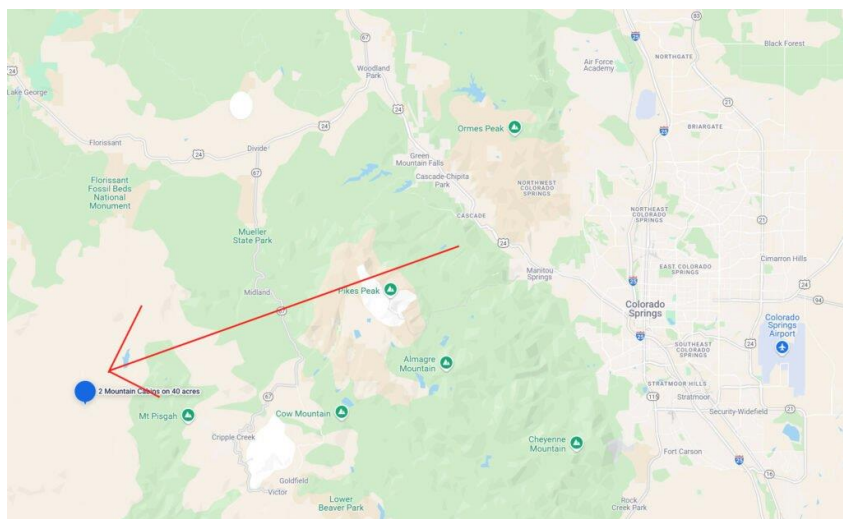
## FROM APRIL 22 TO APRIL 26

(EASTER WEEK)

WOULD YOU LIKE TO KNOW WHAT YOUR VOCATION IS?  
ARE YOU WONDERING WHAT GOD'S WILL IS FOR YOU?

FOR CENTURIES THE SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA HAVE BEEN THE MEANS FOR MANY SOULS TO DISCOVER WHAT GOD'S WILL IS FOR THEM. COME AND EMPTY YOURSELF FROM THE INFLUENCE OF THE WORLD AND THE DISTRACTIONS OF THIS LIFE, AND SPEND A FEW DAYS IN SILENCE AND RECOLLECTION, MEDITATING UPON YOUR LIFE AND YOUR ETERNAL DESTINY.

THE RETREAT WILL BE HELD IN TWO CABINS IN THE MOUNTAINS OF COLORADO, SUPERVISED BY A RELIGIOUS SISTER AND OTHER LADIES SUPERVISORS. THE PRIEST MASTER OF RETREAT WILL COME TO SAY MASS AND GIVE TALKS THROUGHOUT THE DAY, AND THEN LEAVE THE PREMISES. PLACES ARE LIMITED.



The Retreat will be held in an Airbnb with two cabins, with a capacity of 20 people (all together), located about 1 hour west from Colorado Springs, and 2 hours from Denver, CO.

### IN THIS RETREAT ENJOY OF

- Days of Silence
- Hours of Prayer and Meditation
- Spiritual Talks daily
- Holy Mass, and Confession.
- Spiritual Reading
- The Company of like-minded women.

#### What Should I Bring?

1. Personal changes of clothes. (No Pants, only modest skirts and dresses, comfortable and quiet shoes, pajamas)
2. Personal bath and hygiene items. (Towels, toothbrush, etc.).
3. Missal for Mass, your rosary and devotionals, chapel veil.
4. Notebook and pens.
5. Flashlight, a jacket for cold weather.
6. Any needed Medications.
7. Health insurance information.
8. Water Bottle
9. Flip flops or sandals for shower.

#### You Shouldn't Bring

10. Immodest Clothing
11. Make up
12. (Cell Phones will be kept away upon entrance)
13. Devices, computers.
14. Worldly literature, or anything that could be distracting
15. No Pets
16. No Personal food items, snacks, or drinks, unless needed for serious health reasons.

# SPIRITUAL RETREAT FOR LADIES

Name of the Retreatant: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ For How long have you been Catholic? \_\_\_\_\_ Parish: \_\_\_\_\_

Are you still in school? \_\_\_\_\_ What Grade? \_\_\_\_\_ Are you Traditional Catholic? \_\_\_\_\_

Do you feel inclined to a Religious vocation? \_\_\_\_\_

Do you believe the Popes after Vatican II are valid Popes? \_\_\_\_\_

Will you require transportation to the Spiritual Retreat Location? Please Specify:

\_\_\_\_\_

Known Allergies or Health Concerns: \_\_\_\_\_

I (We) release the staff of Our Lady of Mount Carmel Spiritual Retreat of any liability as to the physical welfare of my daughter(s) (named above) should there occur any unforeseen accident or emergency while my daughter(s) is/are in attendance at said retreat. I (We), therefore, authorize the staff of Our Lady of Mount Carmel Spiritual Retreat to provide whatever care and/or medical treatment is necessary for the well-being of my (our) daughter(s) in case of an emergency. Signed:

Father: \_\_\_\_\_ Date: \_\_\_\_\_

Mother: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Preferred Hospital or Treatment Center:

\_\_\_\_\_

Send to: Fr. Carlos Zepeda, 4101 Lamar St., Wheat Ridge, CO 80033, Phone: 870-213-56-88  
Or email to: [Frcarloszepeda@gmail.com](mailto:Frcarloszepeda@gmail.com)

COST OF  
ATTENDANCE

**200\$**

**Please reach out if  
you can't afford it**