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**WOMEN'S RETREAT**

Nov. 4, 2023

<https://tinyurl.com/2rbp74ry>



**MEN'S RETREAT**

Feb. 10, 2024

<https://tinyurl.com/ycxf3mbu>



**LENT RETREAT**

Feb. 24, 2024

<https://tinyurl.com/423dueh8>



**JOIN US FOR  
ONE OR MORE  
RETREATS**

Three Opportunities

- Women's Retreat
- Men's Retreat
- Lent Retreat

**All retreats are free!**

Need more information:  
Contact Nathan Schuster  
[nschuster@stmarys-wbl.org](mailto:nschuster@stmarys-wbl.org)  
(651) 429-7771



**RETREATS**  
**2023-2024**





## WOMEN'S RETREAT - WISE WOMEN: COMPANIONS FOR OUR DISCIPLESHIP JOURNEY

NOVEMBER 4, 2023  
8:00 – 12 PM  
CHURCH

**Already Completed**

**Description:** Ignited through our baptism, discipleship is a lifelong journey of faith. The journey, although enriching, may sometimes be challenging. Having companions on the journey can help us stay committed and strong. During this retreat, we will examine three first-century women who were Jesus' disciples, including the Syrophenician Woman in Mark's gospel, Mary Magdalene and Mary the Mother of Jesus to learn more about their discipleship. These women can be role models and companions for our own faith journey inspiring us with courage and fortitude.

**Presenter:** Holly Hoey Germann

Holly Hoey Germann has been working in Religious Education and Faith Formation for over 30 years. As a practicing spiritual director, Holly is a companion to people on their faith journey. She walks with people as they discover how God is moving in their life, what God is calling them to be or do, and the next steps on their journey. In addition to her private practice in spiritual direction, she teaches Theology at Totino-Grace High School and is the author of *Jesus Christ: God's Love Made Visible* and *Cultivating Curiosity in the Classroom*. Holly is married with two young adult sons and enjoys spending time hiking and kayaking.

## MEN'S RETREAT - FOLLOWING IN THE FOOTSTEPS OF ST. JOSEPH

FEBRUARY 10, 2024  
8:00 AM – 1:00 PM  
CHURCH

**Description:** Come away with the Lord before Lent begins as we pray together and reflect on the example of St. Joseph. We will imagine together Joseph's struggles, his dreams, and his courage. We will share stories in small and large groups, take some quiet contemplative time, share a meal together, and be renewed by the Spirit.

**Presenter:** Peter Watkins

Peter Watkins, M.Div. is a spiritual director, retreat leader, and faculty member at Sacred Ground Center for Spirituality, a school for the formation of aspiring spiritual directors. He has taught graduate level classes in Old Testament theology and adolescent psychology and spirituality, and has co-authored a high school textbook, *Guarding the Fire: A Spiritual Guide for Young Men*, through Good Ground Press. He is also certified to give the Ignatian Spiritual Exercises. During his thirty years teaching Philosophy and Theology at Cretin-Derham Hall, he especially loved leading student justice trips to Guatemala and pilgrimages on the Camino de Santiago in Spain. Peter is a life-long runner, father of three sons, and loves playing bluegrass banjo.

## LENT RETREAT - BELONGING, HEALING, BEING SENT: HOW WE ARE GRACED FOR OUR MISSION

FEBRUARY 24, 2024  
8:30 – 12 PM  
CHURCH

**Description:** "God is real, he loves you, and he has a wonderful plan for your life." Does that sound too good to be true, or is it a lifeline of hope? We can be a people of hope the more we embrace the truth that we are baptized and adopted into God's own family, he gives us himself for our healing, and we are sent as his heralds of hope in a world that desperately needs it. This retreat is designed to remind you who you are and who you are called to be!

**Presenter:** Dr. Susan Windley-Daoust

Susan taught college and graduate level theology at the University of St. Thomas and Saint Mary's University of Minnesota for 21 years before moving into evangelization. Currently, she is Director of Missionary Discipleship for the Diocese of Winona-Rochester. She is also a trained spiritual director, the author of *The Four Ways Forward: Becoming an Apostolic Parish in a Post-Christian World* (OSV Books), and offers speaking and consulting through the Creative Evangelization apostolate. She is married to Jerry Windley-Daoust and the mother of five children.

