

# Retreat days at St. Marienthal Monastery

## ~ About The Event ~

### **Date:**

Upon registration, please speak with the sister for the dates you wish to come.

### **Duration and Place:**

Check-in: from 2 pm till 5 pm on the first day

Check-out: 10 am on the last day

Place: St. Marienthal Abbey, St. Marienthal 1, 02899 Ostritz

### **Contents:**

- Introduction with scriptures for inner peace
- Participation in the monastic prayer hours
- Reflection on the Daily Gospel
- Meditation with Psalms and/or Jesus Prayer
- Spiritual inspiration for inner reflection
- Relaxation with art and crafts, or sing and pray, or in the nature (*personal choice*)

Upon registration, communicate with the sister to make a personalized program

### **Guide:**

Sister M. Anna-Maria OCist

### **Registration:**

Sister M. Anna-Maria OCist

[schwester-annamaria@kloster-marienthal.de](mailto:schwester-annamaria@kloster-marienthal.de)

### **Cost:**

€ 400.00 (4 nights),

€ 600.00 (6 nights),

can stay longer according to the personalized programme

The price includes Retreat Guide and material costs, accommodations, and full pension.

# Personalised Retreat – Program in English

## First day evening

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6:00 pm: Welcome

## The 2<sup>nd</sup> to the last day

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5:00 am: Vigil (**optional**) (*Sunday, at 5:30 am*)  
7:30 am: Holy Mass (*Sunday, at 9:00 am*)  
8:30 am: Breakfast (*Sunday, at 7:30 am*)  
9:30 - 10:30 am: Lectio Divina (Read and contemplate on the Gospel and Scripture of the day and write or draw what comes in your mind) (*Sunday, from 10:30 to 11:00 am*)  
12:00 am: Mid day prayer (*Saturday and Sunday, at 11:30 am*)  
12:30 pm: Lunch (*Saturday and Sunday, at 12:00 am*)  
4:00 - 5:00 pm: Personalised Programme (Psalm singing / Spiritual reading / Rosary Prayer / Handwork in silence / Personnel Conversation with the sister) (*Sunday and Festivity - Free*)  
5:30 pm: Vespers (*Sunday, at 5:00 pm*)  
6:00 pm: Supper (*Sunday, at 5:30 pm*)  
6:40 - 7:10 pm: Jesus Prayer (*except Thursday when there'll be Adoration*)  
7:30 pm: Compline (*Thursday – 7:00 pm – Adoration and Compline*)

## Last day

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Holy Mass, Breakfast and then Goodbye and Checkout

## Note:

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It is a personalised Programme and you can adjust the duration of 3 full days (*4 nights*) or 5 full days (*6 nights*) or as personal choice.

It is better to communicate beforehand so that we can organize based on who you are and what you need.

It can be individual or a pair or a group of 3.

## Cost:

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€ 400.00 / Person for 3 full days (*4 nights*),

€ 600.00 / Person for 5 full days (*6 nights*)

can stay longer according to the personalized programme