

## *Our Spiritual Health*

We take good care of ourselves physically. We eat well, visit doctors, dentists, beauty parlors, spas... We invest in anything and everything that will make our bodies stronger, healthier, more beautiful and comfortable.

How much care do we give to our spiritual selves?

How much do we invest in our spiritual health?

A spiritual retreat helps give us direction in our spiritual lives, to tune into and better know God's plan for us.



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*A Spiritual Retreat is for those who:*

- ...seek to be closer to the Lord
- ...seek a stronger prayer life
- ...have been away from church life
- ...wish to overcome personal problems
- ...seek peace of mind and heart
- ...seek guidance in their spiritual journey

## *Our Location*

The Redemptorist Retreat Center is located on the outskirts of Oconomowoc, Wisconsin, set amidst the rolling hills of the Kettle Moraine, on beautiful Crooked Lake. The Center is located south of Interstate 94.

**Arriving from the EAST** on I-94, exit mile marker 282 (Oconomowoc). Turn left at the top of the ramp onto Hwy 67 south. At the intersection of Delafield Road (DR) and Hwy 67, turn left onto Delafield Road. North Timber Trail Lane is approximately one half mile on the right. The Center is located at the end of Timber Trail Lane.

**Arriving from the WEST** on I-94, exit mile marker 282 (Oconomowoc). Turn right at the top of the ramp onto Hwy 67 south. At the intersection of Delafield Road (DR) and Hwy 67, turn left onto Delafield Road. North Timber Trail Lane is approximately one half mile on the right. The Center is located at the end of Timber Trail Lane.

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## *WHY MAKE A SPIRITUAL RETREAT?*



**How much time do you dedicate to your relationship with God?**

**What is God saying to you?**

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Redemptorist Retreat Center  
1800 North Timber Trail Lane  
Oconomowoc, WI 53066-4897

[rrc@redemptoristretreat.org](mailto:rrc@redemptoristretreat.org)  
[www.redemptoristretreat.org](http://www.redemptoristretreat.org)

262-567-6900  
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*Quiet your mind...  
Refresh your soul...*

The Retreat Center is surrounded by acres of naturally wooded forest, lakes and wetlands, nestled amidst the rolling hills of the Kettle Moraine, on beautiful Crooked Lake. Here you will find amenities and services designed to quiet the mind and refresh the soul. We offer day programs and weekend retreats for individuals, married couples, youths and church groups. We also offer retreats exclusive to men or women, which are scheduled throughout the year.



Our mission is to provide a place of renewal, rest and contemplative reflection. We offer various spiritual programs and retreats for individuals, church groups, married couples, men and women in the religious life, and retreats exclusive to men or women. We present the opportunity for reconciliation and healing in an atmosphere that will strengthen and motivate one's growth toward spiritual wholeness.

Staffed and owned by the Redemptorists of the Denver Province, a Catholic religious Congregation, we are committed to the values and charism of our founder, St. Alphonsus Liguori, the Redemptorists of the Denver Province to maintaining the Center so that the

redemptive love of Jesus Christ may be abundantly proclaimed. We also host programs for various religious denominations.

*Welcome!*

The most difficult thing for a first-time retreatant is to overcome the initial fear of the unknown and consequent objections to attending a retreat.

The Redemptorist Retreat Center staff is comprised of men and women called to assist others in their journey to find and know God. Through specially designed presentations and programs, these ordained and lay individuals are available to assist you at any level in developing your retreat experience. Many of our retreatants return year after year.

*Accommodations*

In addition to our specialized retreat programs, visitors to the Center find peace and solitude among our wooded acres and secluded lakeshore. Whether praying in the stained glass filtered sunlight in our chapel, reading by the fireplace, or walking our paved walks and specially designed labyrinth, there is a special place here for every soul.

For retreatants spending a few nights or staying for an extended stay, the Retreat Center offers 58 comfortable guest rooms, private bathrooms with a shower, linens, towels, etc. Meals are provided. One may also schedule the use of a poustinia, a private hermitage, or *Casa Redeemer*, private apartment.

*Finances*

Fees include room and board and use of the Center's facilities. No one is denied the opportunity to make a retreat. We will work out an individual payment plan for anyone who is interested.

*Would you like to find out more  
about our Redemptorist  
retreats?*

*Complete and return to:*

**Redemptorist Retreat Center  
1800 N Timber Trail Lane  
Oconomowoc, WI 53066-4897**

**262.567.6900**

[rrc@redemptoristretreat.org](mailto:rrc@redemptoristretreat.org)  
[www.redemptoristretreat.org](http://www.redemptoristretreat.org)

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Name

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Address

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City, State and Zip

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E-mail address