

# Frequently Asked Questions About Sanctus Retreat

## What is Sanctus: A Holiness Retreat?

Sanctus is a retreat for adults. It is an opportunity to deepen your relationship with Christ and with the Body of Christ (the Church). It is an opportunity for spiritual renewal.

## What Takes Place at a Sanctus retreat?

The Sanctus retreat has a schedule that is sufficiently diverse to meet the various spiritual needs of the participants. During the one day retreat, participants will have the opportunity to:

- listen to spiritually challenging talks,
- explore spiritual insights in small groups of other participants,
- enjoy silent time for personal reflection,
- share group prayer in a variety of forms,
- celebrate the Eucharist,
- feast on wonderful homemade meals.

## Who Can Participate in a Sanctus retreat?

Sanctus is open to any adult (out of high school).

## What is the Time? Date? & Location?

Sanctus 2025 will be held Saturday, March 1 beginning with breakfast and concluding with the Vigil Mass in the evening at Our Lady of Mercy.

## How Does Someone Sign-Up?

Participants MUST register prior to the weekend. Space is limited. To register, complete the simple form on the reverse side of this page. Additional forms can be found on the parish website and the bulletin tables. Submit to the parish office by Feb. 9. **There is no cost for the retreat. It is our gift to you.**