Step Away. Breathe Deep. *Begin Again.*

Life moves fast—emails, meetings, family, noise. When was the last time you gave yourself **space to rest and listen?**

Gonzaga Eastern Point Retreat House (a ministry of the Society of Jesus) invites you to a guided 3-Day Introduction to a Directed Silent Retreat — a gentle way to learn about Ignatian spirituality and contemplative prayer, **designed for those who can't take a full week away but long for the peace of stillness. No experience is necessary!**

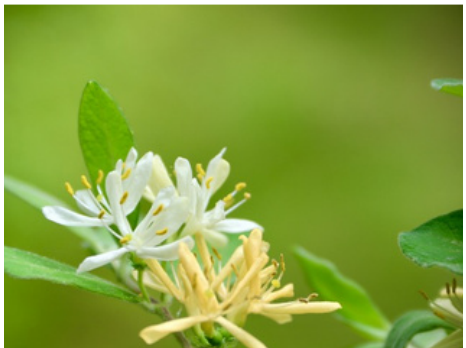
During this weekend, you'll enjoy:

- **Unhurried time** for rest, prayer, & reflection
- Daily meetings with a **spiritual director**
- Evening talks on **Ignatian spirituality**
- Quiet moments along our **gorgeous Atlantic shore**
- **Daily Mass** and the Sacrament of Reconciliation are offered

Leave with a renewed sense of clarity, peace, and connection with God — and a glimpse of what a longer retreat can offer.

Learn more and register using the QR code or at **easternpoint.org**

2027 RETREATS

March 11-14 | May 28-31 | August 12-15 | November 11-14

Arrive on the first day between 2-5pm, depart on the last day after Mass before 12pm