



**St. Clement of Rome  
Women's ACTS Retreat  
Pallottine Renewal Center, Florissant, MO  
February 28 – March 3, 2019**

St. Clement of Rome Parish is now accepting registrations for the 2019 ACTS weekend retreat for women. This parish based retreat offers the opportunity to renew your spirituality and prayer life, to strengthen your faith and its application in your daily life, and to build lasting friendships among members of the parish community. It is presented by your fellow parishioners with spiritual direction from our parish priests.

The retreat begins on Thursday, February 28, 2019, with check-in at 6:15 p.m. at St. Clement. Transportation to and from Pallottine Renewal Center will be provided for all retreatants. The retreat concludes after the 11 a.m. mass on Sunday, March 3, 2019.

Approximately 2 weeks prior to the retreat, you will receive a letter describing what to bring with you (clothing, reading materials, etc.) for the weekend.

A registration fee of \$50 is requested to reserve your place. At Thursday's send-off you will be asked to pay an additional \$200. This total \$250 covers food and lodging at Pallottine Retreat Center. If it is convenient for you to pay the full amount with your registration, please do so.

*PLEASE NOTE: Financial difficulties should not prevent anyone from attending the retreat and we welcome all women regardless of their ability to pay.*

If you would like to attend the retreat and are in need of a scholarship or need more information, please contact: **Rosie Sullivan**, Director at 314.432.1125 or [rosemarybsullivan@gmail.com](mailto:rosemarybsullivan@gmail.com); or **Connie Hartenbach**, Co-Director at 314.822.1513 or [chartenb@att.net](mailto:chartenb@att.net) or **Cady O'Grady**, Co-Director at 636.236.9592 or [cadyogrady@hotmail.com](mailto:cadyogrady@hotmail.com) or **St. Clement Rectory 314-965-0709**

**Please return your registration form and deposit NO LATER THAN February 22, 2019  
(checks payable to St. Clement Parish) to the parish office:  
ACTS Women's Retreat, St. Clement of Rome Parish, 1510 Bopp Road St. Louis, MO 63131**

**Registration Form: February 28 -March 3, 2019 Women's ACTS Retreat**

Name: \_\_\_\_\_ Parish: \_\_\_\_\_

Name as you would like it to appear on your name tag: \_\_\_\_\_

Street address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work or cell phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Any special dietary, physical (i.e. walking assistance, hearing issues, etc.) or other needs for the retreat weekend:  
\_\_\_\_\_

Do you require a: Wheelchair? Cane? Allergies, if any: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Street address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Additional contact: \_\_\_\_\_ Relationship (friend, relative): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

## **ACTS Retreat: FAQs**

**Q: How long is the retreat? What do I prepare for?**

A: *The retreat begins at church on Thursday evening at 6:15 p.m. and is completed at the 11 a.m. Mass on Sunday. Take into consideration the time of year and pack appropriately. While most of the activities take place indoors, you will likely spend some time outdoors. Also, pack things you would typically bring for a short trip – toiletries, medications, etc. Bedding is provided, but you should bring towel and soap and could choose to pack an extra pillow. Bring clothes appropriate for Mass on Sunday.*

**Q: What about accommodations and meals?**

A: *Retreatants will have a private room, most with a full bathroom. The food is great – three meals are served each day and the retreat team makes certain that snacks and non-alcoholic beverages (water, soda, coffee) are available during the day. If you have special dietary needs or special room needs, it is helpful if you note them on the registration form when you sign up for the retreat.*

**Q: Are there any requirements for making an ACTS Retreat?**

A: *All are invited, Catholics and non-Catholics. The only requirement is a willingness to spend some time with God and with fellow parishioners.*

**Q: How is the retreat run?**

A: *The retreat is run by your fellow parishioners – women if you're on a women's retreat and men if you're on a men's retreat. They spend time prior to the retreat meeting weekly and preparing spiritually for the retreat, as well as handling most all the planning and logistics for the weekend. Each team has a priest, and he has a significant role in the weekend as well.*

**Q: So what EXACTLY happens on the retreat? What activities? Is it a silent retreat? If not, am I required to participate?**

A: *This isn't a silent retreat – it is more participative. While the retreats are planned around the same format, they all happen a little differently and part of the blessing (and enjoyment) of the retreat is discovering what it means to you as it happens. For this reason, it is hard to get into specifics. There is prayer, reflection, liturgy, and discussion. You can choose to participate in the discussion as much or as little as you like. People are different, so their experience and reaction to the retreat differs, but if you talk to those who have been on the retreat, you'll see that responses are typically very positive.*

**Q: What is ACTS?**

A: *ACTS is an acronym that stands for Adoration, Community, Theology and Service. It is a retreat format that was started in San Antonio, Texas and grew out of other retreat formats that already existed. It is centered on how we as Catholics can improve our relationship with God and build a better, stronger faith community. As you might guess, you will hear a little about each of the elements of the ACTS acronym on your retreat.*

**Q: So, if I go on the retreat, am I required to participate more in the future? DO I have to do certain things? Do I have to be on a team or be involved in other ACTS centered activities?**

A: *The short answer is no, you don't have to do anything after the retreat. Hopefully, during the retreat you learn things about your faith, yourself and the way others practice their faith. The goal isn't more members for a group, it is a better, stronger relationship with the Lord. If that relationship moves you to also become more active on the parish community, that's great!*

**Q: Where can I get more information?**

A: *Call any of the names on the registration form (Director, Co-Director) or the St. Clement of Rome Rectory (314-965-0709)*