

# Registration

For more information or to register contact Clarence Heller at [clarenceheller@gmail.com](mailto:clarenceheller@gmail.com) or 314-258-9066.

There is no registration fee, but retreatants are invited to share the costs of the retreat as they are able. Regarding offering amount, the average cost for each retreatant is about \$55. Some retreatants contribute less and some contribute more. Offerings will be accepted once the retreat has begun.

*As we engage the spiritual journey, we grow in love, freedom, authenticity, joy, surrender, integration, relationship, and the “more” that God is always offering.*

St. Paul Catholic  
Church  
1411 Main Street  
Highland, IL 62249  
[www.stpaulhighland.org](http://www.stpaulhighland.org)

The schedule for upcoming retreats, frequently asked questions and other information is available at [www.momentsofgraceandprayer.org](http://www.momentsofgraceandprayer.org).

*Moments of Grace + Prayer is an independent, ecumenical ministry celebrating 28 years of helping others come to experience God’s Love more deeply.*

**Month of  
Grace + Prayer**  
A Retreat in  
Everyday Life

*The next step on  
your spiritual  
journey*

St. Paul Catholic  
Church

Jan. 21 – Feb. 18  
2024

Offered Virtually  
and In Person

## Overview

- A retreat in everyday life – pray on your own at least 20 minutes each day and meet privately with a spiritual companion for one hour, once per week for four consecutive weeks.
- A retreat personalized to what you are hoping for, whether that is to make more time for prayer, to learn new ways to pray, to pray about a certain issue in your life, deepen your personal relationship with Jesus, or to receive whatever God is offering to you at this time.
- During the weekly sessions, your spiritual companion will listen with love and affirmation, offer questions that will lead you deeper into your prayer experiences and offer prayer suggestions for the coming week.
- Couples in committed relationships have the option of meeting as a couple with a spiritual companion, rather than separately.
- Spiritual companions are not allowed to accompany someone they know.
- Everyone is welcome to participate in this retreat, no exceptions.

## Praise from Retreatants

“I was feeling that my prayer life was in a rut. Now my spiritual/prayer life has started a new, fresh chapter I hope will unfold for years to come.”

“This retreat is so practical – integrating my spiritual life and my work life with simple prayer techniques I can use on a daily basis.”

“This retreat improved my prayer life more than anything else I have ever done.”

“This ministry is far more valuable and important than most will ever realize. Seeing or being aware of God’s presence in everyday life is a gift.”

“This ministry feeds a deep need for spiritual nourishment and encouragement. The sessions are like an exercise class for the soul and spirit. As with a physical exercise class, one benefits during the sessions, however, the benefits continue to unfold afterward.”

“One of the most wonderful things about my companion was her ability to find God and love where I initially saw none, in fact she found God and blessings where I found shame. Turned that shame on its head.”

## Specifics of the Retreat

- When registering, choose whether to participate in person or completely virtually.
- The retreat begins on Sunday, January 21 with introductions, prayer as a group and each participant meets their spiritual companion, 1:00 to 2:30 pm for in-person and 6:30 to 8:00 pm for virtual retreatants.
- Confidential, one-on-one meetings between retreatants and spiritual companions occur on Tuesdays (morning, afternoon or evening) for in-person retreatants and on any day and time that is mutually convenient for virtual retreatants and their companion.
- Closing of the retreat is celebrated as a group on Sunday, February 18, 1:00 to 2:30 pm for in-person and 6:30 to 8:00 pm for virtual retreatants.
- You may still participate in the retreat if not able to attend the gatherings on January 21 and/or February 18.