## Retreat for Men & Women



July 12-14
Friday - Sunday

Seeking Friendship with Christ as Sons & Daughters of Our Father

Prayer is the most proper activity of a baptized soul. As breathing is a necessary part of bodily life, so prayer is "respiration" in the life of grace. Prayer may be understood simply as opening the will to God — but as simple as this may seem, it is not always easy to live.

In this retreat, we will take time aside to understand the life of God within us and open ourselves to the movement of prayer. True prayer always comes from and returns to the Eucharist and bears the fruit of love of God and of neighbor. Our goal in this retreat is to gain practical resolutions to help us to live in more constant union with Jesus.

Fr. Daniel Hanley is the fourth of six children from a Catholic family. He was ordained in 2005 and has served as parochial vicar in several parishes in the Arlington Diocese. Fr. Hanley has also served as teacher and faculty member at the North American College in Rome and is currently the coordinator of the blessed Stanley Rother House of formation at Mount St. Mary's Seminary in Maryland.



Retreat cost is \$285. Financial assistance may be available.
For more information or to register, please contact Deacon Maines:
mark.maines@arlingtondiocese.org or visit our website at ArlingtonDiocese.org/Retreat