

*"Come away by yourselves  
and rest for a while"*

Mk 6:31



*"Totally love Him, Who gave  
Himself totally for your love"*

—St Clare of Assisi



Take a few days and learn to place your burdens at the foot of the Cross so that you can rest in the arms of your abundantly generous Father. Spend time with St. Francis of Assisi, St. Clare, and Our Lady of Fatima meditating on the fruitful surrender to Poverty, Humility, and Charity. Led by Fr. Christensen.



[www.ArlingtonDiocese.org/Retreat](http://www.ArlingtonDiocese.org/Retreat)

## *Young Adult Retreat*

May 12–14, 2023

San Damiano Retreat Center  
near Shenandoah Valley

