

CONTEMPLATIVE RETREAT

"Wonderful! A very good balance of elements; community, solitude, discussion, silence, rest, activity, prayer & play."

RENEW YOUR SPIRIT:

- Centering Prayer, Meditation and Yoga (no experience needed)
- Daily Mass
- A Day of Silence
- A chance to share your experience in a supportive group environment

REFRESH YOU BODY:

- Rest and Relaxation
- Wholesome freshly prepared meals
- Hike, swim, or take a nap
- Visiting Massage therapist (additional fee)



ABOUT CAMP KOINONIA

Camp Koinonia is a rustic summer camp located in quiet Italy Valley.

Live simply in your own sleeping cabin, with shared bathrooms and showers nearby. The Chapel overlooks the valley and provides inspiration for sunset Masses. Fellowship can be found at the lodge, swimming pool and evening bonfires. Dragonflies roam the fields, woods and nearby waterfalls, offering many avenues to quietly connect with Nature.

"What better surroundings could there be?"

"Beautiful, Expansive, Enriching!"



(Summer Only):

1445 Italy Valley Road, Middlesex, NY 14527

Camp phone : 585-554-3092

www.campkoinoniany.org

**Turning Inward –
Shining Out:**

**A Holistic
Contemplative
Retreat**



**August
18th – 22rd, 2010**

Camp Koinonia

DAILY CHOICES

“Superlative! One of the best retreats I’ve ever attended.”

-Barb, Youth Minister

Morning

Pick-Up Breakfast Hours
Centering Prayer
Movement meditation

Afternoon

Lunch
Free time
Swimming pool open

Evening

Dinner
Group Sharing
Twilight Mass

**“The meals were amazing!
Healthful, energizing, delicious.”**

**“The group sharing was a
wonderful time. It was helpful to
speak and share my experiences
and hear the journey of others.”**

**“The yoga was gentle and lent
itself to the contemplative
mode.”**

Your rest and rejuvenation are the priority! All activities are optional.

THE FACILITATORS



Rev. Joseph Marcoux, STL currently serves as Sacramental Minister to three parishes in Wayne County. This retreat flows from his own spiritual practices and a deep desire to rest in God. Fr. Joe nourishes us with prayerfully crafted gourmet meals and daily Eucharist. “Good food, good space, and quality time listening to the Lord.”

Sheri Kreher, LMSW is a Certified Phoenix Rising Yoga Therapist and Group Facilitator. In workshops and retreats, Sheri teaches others how to use movement and mindfulness to release stress, experience joy and connect with one’s inner Wisdom. “Yoga, like prayer, invites Alignment with our Divine Nature - which is loving, joyful and enthusiastic!”

CONTEMPLATIVE RETREAT Registration Form:

**Wednesday, August 18th (6pm)–
Sunday, August 22nd (noon), 2010**

\$300 per person

Includes all meals and lodging

To reserve your place, please send a \$100 deposit (checks made to: “Camp Koinonia, Inc.”) to:

Sheri Kreher
56 Woodbine Park
Geneseo, NY 14454

Name: _____

Address: _____

Phone: _____

E-Mail Address: _____

You will receive more information, including a suggested packing list prior to your retreat.

For more information contact:
Sheri Kreher, 585-314-6068
sherikreher@frontiernet.net