

# BUSY PERSON'S RETREAT

SUNDAY, FEBRUARY 28<sup>TH</sup> -FRIDAY, MARCH 5<sup>TH</sup>, 2010

This is a unique retreat experience designed just for YOU because we know that even though you're a really busy college student and all, you just might want an opportunity to slow down and reflect, too.

- SIGN UP.** Complete the form at the bottom of this page, detach it, and return it to Mary Lynn Delfino at CCUP along with the registration fee of \$5.00 no later than **Sunday, February 21<sup>st</sup>.**
- PARTICIPATE.** Do your best to participate in an **orientation session** and **opening prayer service** with other retreatants and retreat directors on **Sunday, February 28<sup>th</sup> at 5:00 p.m.** in the Daily Chapel at CCUP.
- PRAY.** Commit yourself to 20-30 minutes of quality prayer time with the Scriptures or other spiritual reading each day during the retreat period.
- MEET.** Also set aside at least 30 minutes each day over the course of at least four days during the week in order to meet with your spiritual director (retreat leader) either at Corpus Christi or nearby if you have access to a vehicle
- MAXIMIZE YOUR TIME.** If your schedule allows for it, how about a reflective walking of the labyrinth, a prayerful journey along the Stations of the Cross, attending Mass on campus or at CCUP, or a few meditative moments with the Lord Jesus in the Blessed Sacrament Chapel?
- QUESTIONS?** Contact Mary Lynn Delfino at 419-531-4992 or e-mail [mldefino@ccup.org](mailto:mldefino@ccup.org).

✂ Detach here.

## ⌘ 2010 CCUP BUSY PERSON'S RETREAT FOR UT STUDENTS ⌘

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

I have participated in the Busy Person's Retreat before? \_\_\_ YES \_\_\_ NO

(If yes, when? \_\_\_\_\_ Who was your director? \_\_\_\_\_)

Payment Method: Cash \_\_\_\_\_ Check \_\_\_\_\_ PayPal \_\_\_\_\_

- PLEASE INDICATE YOUR DAILY AVAILABILITY (EXAMPLE: 9:00-11:30 A.M., 4:00-8:00 P.M.) -

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_