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## REGISTRATION FORM & FEE

*(must be received by Wednesday, August 14)*

PLEASE PRINT CLEARLY.

First & Last Name

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Street Address

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City, State, Zip

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Preferred Tel #

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Preferred Email

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*You will receive a registration confirmation at this email address.*

Special Needs (dietary, allergies, medical, mobility, etc.)

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Emergency Contact (Name & Tel #)

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**Retreat Fee: \$30**  
***(cash or check payable to***  
***St. Matthew's Cathedral)***

Please detach this form and  
submit with payment to:

Heather Kinney  
St. Matthew's Cathedral Rectory  
1725 Rhode Island Avenue NW  
Washington, DC 20036  
ATTN: Retreat Registration

### THINGS TO KNOW:

\*The Benedictine Pastoral Center can accommodate a maximum of **24** people for this retreat. Names will be added to a waiting list once the retreat is full.

\*Your registration is not complete until this form ***and*** payment are received.

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## A HOLY PLACE TO EXPERIENCE GOD'S PEACE

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***Benedictine Pastoral Center***

*A Ministry of the Benedictine Sisters of Virginia Since 1983*

***9535 Linton Road***  
***Bristow, Virginia 20136***

**From Points East (Washington, DC):** Take Route 66 W to Exit 44 and merge onto VA 234 S / Prince William Parkway toward Manassas/Dumfries. Turn right onto Sudley Manor Drive. Proceed to Linton Hall Road. Turn left onto Linton Hall Road. After several hundred yards, turn left into Linton Hall School grounds.

*The Benedictine Pastoral Center is located in St. Benedict's Monastery beyond Linton Hall School. After turning into the grounds, continue past the school until you come to the circle. Drive to the right, halfway around the circle, and park on the outside perimeter near the main building.*

*\*St. Matthew's cannot provide transportation for this retreat.*

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The Benedictine Sisters of Virginia founded St. Benedict Monastery in Bristow, Virginia, in 1894. The Benedictine Pastoral Center was founded in 1983, serving the Benedictine Community, sharing their spirituality and enriching those who come to the Monastery.

The BPC seeks to embody the ideals and qualities that are at the heart of Benedictine tradition: reverence for God and all creation, respect for learning, and the shared experience of prayer, community and hospitality.

Devoted to building the Kingdom of God, the BPC passes on the wisdom of monastic living enriched by 1500 years of tradition by providing opportunities for prayer, contemplation and learning, days of recollection, spiritual direction and retreat programs both for individuals and for groups.

More information about the Benedictine Pastoral Center, specific driving directions from other points, and views of the grounds are available at [www.benedictinepastoralcenter.org](http://www.benedictinepastoralcenter.org).

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***If you need to cancel on or before Tuesday, August 19, email Director of Faith Formation Heather Kinney at [hkinney@stmatthewscathedral.org](mailto:hkinney@stmatthewscathedral.org). If you need to cancel after Tuesday, August 19, email Faith Formation Committee Chair Jeff Collmann at [collmanj@georgetown.edu](mailto:collmanj@georgetown.edu).***

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## Reflections on the Good Shepherd

### A Retreat With Benedictine Sister Andrea Westkamp

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## Saturday, August 24, 2013



*St. Matthew's Faith Formation  
Committee is excited to announce  
the first of several retreat  
opportunities for our parish  
community!*

## WE INVITE YOU TO JOIN US



### **A Guided Day of Prayer & Spirituality**

Join your fellow parishioners for a shared experience of prayer, community and hospitality at the Benedictine Pastoral Center in Bristow, Virginia. Benedictine Sister Andrea Westkamp will lead us in reflection around the theme of the Good Shepherd through the lens of Benedictine spirituality.

*Sister Andrea joined the Benedictine Sisters of Virginia after 25 years in a Franciscan Missionary congregation. Her experiences comprise spiritual direction and retreat work, especially directed retreats. She has ministered as spiritual assistant of Secular Franciscans as well as given vocation retreats for young adults. Sister Andrea has conducted workshops on prayer, meditation, and the creative arts. She holds a Master's in Pastoral Counseling and a certificate in Spiritual Direction.*

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“Let them prefer nothing to CHRIST, and may CHRIST bring us all together to everlasting life.”  
-Rule of Benedict, 72:12

## SCHEDULE *(subject to change)*

- 10:00am –  
Welcome & Refreshments
- 10:15am –  
Presentation
- 10:30am –  
Reflection-Lectio Divina
- 11:00am –  
Reading & Discussion
- 12:00pm –  
Lunch *(provided)*
- 1:00pm –  
Reflection-Visio Divina
- 1:40pm –  
Tour of Grounds  
Private Prayer & Reflection
- 3:00pm –  
Discussion
- 4:10pm –  
Conclusion
- 4:30pm –  
Prayer of the Hours with the  
Benedictine Sisters
- 5:00pm –  
Departure

## PSALM 23

*The LORD is my shepherd;  
there is nothing I lack.  
In green pastures he makes me  
lie down;  
to still waters he leads me;  
he restores my soul.  
He guides me along right paths  
for the sake of his name.  
Even though I walk through  
the valley of the shadow of  
death,  
I will fear no evil, for you are  
with me;  
your rod and your staff comfort  
me.*

### II

*You set a table before me  
in front of my enemies;  
You anoint my head with oil;  
my cup overflows.  
Indeed, goodness and mercy  
will pursue me  
all the days of my life;  
I will dwell in the house of the  
LORD  
for endless days.*