



Trinity Region MCA Invites You to: The Cenacle Missionary and the Spiritual Journey Pentecost Weekend, May 17-19



Join us for a weekend of prayer, music, conversation, and fun to reflect on the beautiful and challenging spiritual journey of the MCA associate into the heart of God. Fr. Judge wrote, *“only a spiritual person...can lead an apostolic life, and that one cannot be spiritual without prayer.”*

Prayer begins an interior journey, an opening of one’s heart to God’s love and a gradual letting go of the resentments, biases, and unhealthy attachments and behaviors that prevent God’s love from flowing outward to Apostolic charity.

We will also take time to remember and give thanks for the wonderful gift of Holy Trinity Shrine Retreat Center and grieve its closure at the end of this year.



Presenters: Robert and Lori Fontana are returning as our retreat presenters. They have been married since 1978, have six children and seven grandchildren. Each has a Certificate of Spirituality and Theology from the Jesuit Milltown Institute, Dublin, Ireland. Robert also has a Doctorate of Ministry and a Masters in Marriage and Family Therapy. Robert and Lori made their act of consecration in 1995 and are custodians of Magnificat Cenacle, Seattle WA. Together they direct Catholic Life Ministries Northwest, an educational and counseling outreach.

Time: Friday 6pm to Sunday 1pm EST

Location: Blessed Trinity Shrine Retreat Center

Cost: \$160 per person for the weekend room and board;
\$80 pp not sleeping at BTRSR, includes lunches

How to register: Send your payment to: Nate Kelly;
233 County Road 519; Headland, AL 36345-2569

Make checks to: “Missionary Cenacle Apostolate ”

What to bring: Bible, note book, walking shoes