

## *Sabbatical Costs*

**Plan A: All Inclusive:** \$1,600 (Canadian) per month includes board and room, spiritual direction, and all scheduled retreats and spirituality programs.

(7-day Directed Retreat is additional: \$175)

**Plan B—\$1400** (Canadian) per month includes board, room and weekly spiritual direction. For retreats and spirituality programs taken during your stay. the commuter rate applies.

Sabbatical time ranges from a minimum of one month to a maximum of one year.

## *Application Information*

Sabbatical Director  
St. Benedict's Retreat & Conference Centre  
225 Masters Avenue  
Winnipeg, MB Canada R4A 2A1

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*a welcome place  
for conversations  
that matter*

## *St. Benedict's Retreat & Conference Centre*

You will find us 20 minutes from downtown Winnipeg, two miles north of the Perimeter Highway 101-- just off Main Street (Hwy 9).

We are fully accessible.



*A Sabbatical  
at beautiful St. Ben's  
on the Red  
It's time!!*



## *St. Benedict's Retreat & Conference Centre*

225 Masters Avenue  
Winnipeg, MB Canada R4A 2A1



## *Sabbatical Sacred Time of Rest*

St. Benedict's provides a place for your sacred time of rest and renewal. Located on seventy-two acres of wooded land, bordering the Red River, St. Benedict's combines a natural setting, a daily round of prayer and a variety of retreats and programs to make it a unique place for a sabbatical.

### *Who Comes*

Women and men in ministry, in transition. Women and men from right here in Winnipeg and from as far away as the Maritimes or Barbados. Women and men like **you!**

Sabbatical guests have the opportunity to design their own "program" to meet their personal needs.

They can select from a variety of retreats and programs offered at the Retreat & Conference Centre and may receive weekly spiritual direction, if they desire.

Sabbatical guests reside on the third floor of our Centre, a comfortable area with kitchenette, prayer chapel, art room, living room and library. A private room with personal bathroom is provided.

Guests may take part with the Benedictine community in any or all of the daily Liturgy of the Hours and celebration of Eucharist, as well as meals and social time with other sabbatical guests and sisters.

A sabbatical director is available to assist in the planning of sabbatical time.

Visitors to Winnipeg will want to enjoy some of the city of Winnipeg's fine cultural opportunities, including the Royal Winnipeg Ballet, The Symphony Orchestra, Contemporary Dancers, the Zoo, the Planetarium, theatres, the Art Gallery and more.



### *Participants have said . . .*

"I found the many workshops very practical and helpful. The food was tasty and nourishing. I recommend St. Benedict's to anyone who wants peace, quiet and a lot of time to pray and read."

*Catholic laywoman*

"The dailyness of being in the simple rhythm of prayer and work which is dependable and predictable restores the soul and straightens the heart and mind."

*Anglican priest*

"At St. Benedict's, I found an oasis of silence, peace and of God's presence. It is also a place of sharing and warm gathering. A beautiful enriching experience!"

*Catholic sister*

"My time has been sacred and healing; the warmth of your welcome has touched me deeply."

*United Church minister*