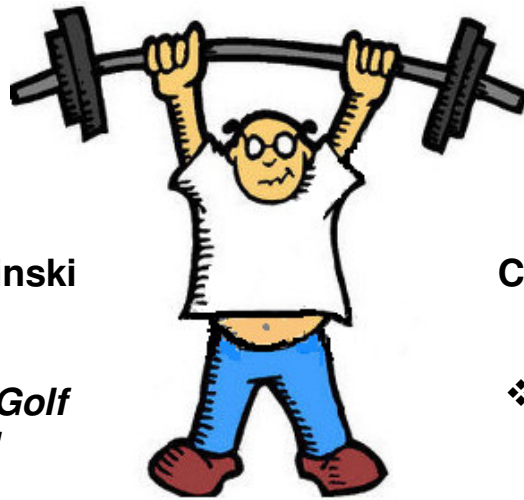


# Marygrove's Annual Canadian Catholic Men's Retreat

Sponsored by Knights of Columbus St. Joseph the Worker Council 12003

## May 30 to June 1, 2008



Fr. Jamie Ziminski  
*Director*

*Early Arrival Golf  
available!*

Cost: \$100 per person  
(U.S. Currency)

- ❖ Prayer and Study
- ❖ Fellowship

## The Catholic Man's Workout Spiritual Exercises for Healthy Faith

Lots of men want to get into good physical shape at various times in their lives – but some don't know how, or they're not willing to do the work that is needed. *Same is true for the spiritual life.* We want to have inner peace and a knowledge of God. But usually, that doesn't come so easy. As Catholic men, are we ready to do what it takes to get into good *spiritual* shape? Get spiritually fit by attending the annual Canadian Catholic Men's Retreat at Marygrove, May 30-June 1, 2008.

**First Workout:** *Getting in Shape: Breaking Down Our Resistance*

**Second Workout:** *Needing the Coach: Following Christ*

**Third Workout:** *Cross Training: Walking with Christ in His Passion*

**Fourth Workout:** *A Spiritually Fit Soul: Sharing Christ's Glory*

Need more information: Call 949-4937 (email: [vinie@shaw.ca](mailto:vinie@shaw.ca))  
or 253-7336 (email: [kc12003@shaw.ca](mailto:kc12003@shaw.ca))

### Registration Form 2008 Canadian Catholic Men's Retreat



Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
Phone Number \_\_\_\_\_ Email \_\_\_\_\_

**Please send this registration with a *non-refundable \$10(U.S.) deposit***

To: Vincent Plastino, 11 Winfield Dr., Sault Ste. Marie, ON P6C 2N2

Or Fax to: 946-3061

**Your \$10 will be applied to the fee for the retreat.**