

**“Come to me, all you who labor and are burdened, and I will give you rest.” Matthew, 11:28**

If you are looking to get away from worldly distractions, open your heart to God’s love, strengthen your relationship with God through prayer and quiet discernment, and renew your faith, a retreat may be for you. There are many places in the greater Cincinnati area that offer retreat and spiritual renewal opportunities.

### **Jesuit Spiritual Center at Milford**

The Jesuit Spiritual Center offers a wide array of retreat experiences. Their 3-Day Ignatian Weekend Retreat is a traditional, preached experience modeled on the Spiritual Exercises of St. Ignatius. Personally Directed Retreats, lasting up to eight days, offer retreatants a quiet, solitary time of introspection and prayer guided by an experienced spiritual director. The Spiritual Center also offers one or multi-day retreats focusing on particular topics. In everything it does, the Center seeks to promote spiritual refreshment for all who visit.

**Contact/Address Information:**

5361 South Milford Road  
Milford, Ohio 45140  
(513) 248-3500  
<http://www.jesuitspiritualcenter.com>

### **Our Lady of the Holy Spirit Center**

As a Marianist Spiritual Center for the laity, religious and clergy, its purpose is to develop programs and services to support the mission of the Roman Catholic Church. The Center has established educational, cultural and media facilities to advance the work of evangelization and the promotion of human dignity and family life. Additionally, it provides an atmosphere of healing, peace, prayer, spiritual care and sacramental nourishment. Retreats are also offered.

**Contact/Address Information:**

5440 Moeller Avenue  
Norwood, Ohio 45212  
(513) 351-9800  
<http://www.olhsc.org>

### **Sisters of Charity Spiritual Center**

The Sisters of Charity Spiritual Center provides opportunities for spiritual enrichment to the community through a wide variety of programs. Weekend/overnight retreats, private retreats, days of reflection, evening prayer programs, and individual spiritual direction are some of the offerings. Motivated by the Sisters of Charity vision to share their faith, the

center's goal is to help others grow in their relationships with God and to help them experience God's presence in their daily lives.

**Contact/Address Information:**

5900 Delhi Road  
Mount St. Joseph, Ohio 45051  
(513)347-5449  
<http://www.srcharitycinti.org>

**Ruah Woods**

A new Catholic educational, counseling and retreat center, Ruah Woods, has just opened this month. Its mission is dedicated to restoring the family and renewing the culture by educating and training leaders and teachers to understand, embrace and evangelize the message of John Paul II's "Theology of the Body." Looking ahead, Ruah (hebrew for spirit) will host various local and national Christian/Catholic speakers and events, primarily focused on topics relating to marriage and family, chastity and abstinence.

**Contact/Address Information:**

6675 Wesselman Road  
Cincinnati, Ohio 45248  
(513) 407-8672  
<http://www.ruahwoods.org>

**Marydale Retreat Center**

Marydale is a center of Christian renewal, commissioned by the Roman Catholic Diocese of Covington. It seeks to provide a peaceful, restful atmosphere conducive to prayer and reflection. The retreat center emphasizes an authentically Catholic approach to spirituality, aiding today's Catholics of any age or life condition in living out the message of Christ's good news.

**Contact/Address Information:**

945 Donaldson Road  
Erlanger, Kentucky 41018  
(859) 371-4224  
<http://home.catholicweb.com/covingtonmarydale>

**The Abbey at Gethsemani**

Trappist monks have lived, prayed, and worked in this monastery for over 150 years. As Roman Catholics gathered in community, the monks follow the call of Jesus to become his disciples. The tradition of hospitality maintains a prominence in living the monastic tradition. As outlined in St. Benedict's Rule for Monasteries, guests represent Christ and have a claim on the welcome and care of the community. As such, the Abbey of Gethsemani has received guests since its foundation in 1848. Abbey retreats are silent,

unstructured and undirected. Acres of woodlands and fields afford extensive space for reflection and prayer. Guests are welcome to participate in the Eucharist, Reconciliation, and daily prayer with the monks.

**Contact/Address Information:**

3642 Monks Road  
Trappist, Kentucky 40051  
(502)549-3117  
<http://www.monks.org>

## **Moye Spiritual Life Center**

Named after John Martin Moye, founder of the Congregation of Divine Providence, the center provides a place where you can be refreshed, restored and renewed in the good news of Jesus Christ, Providence Incarnate. Located on the grounds of St. Anne Convent in Melborne, Kentucky, the center's welcomes day and overnight groups whose activities have as their basic objective the deepening of relationships with God, with self, with other's, and with God's world.

**Contact/Address Information:**

1000 St. Anne Drive  
Melborne, Kentucky 41059  
(859) 441-0700 ext.325  
<http://www.asrenewal.org/retreat-centers/moye>

## **Oldenburg Franciscan Center**

Oldenburg Franciscan Center offers inspiring and enlightening programs, gracious hospitality, a serene campus and spacious facilities. Days of reflection, lecture series, educational workshops, spiritual direction, and private retreats are among the many offerings at Oldenburg.

**Contact/Address Information:**

P.O. Box 100  
Oldenburg, Indiana 47036  
(812)933-6437  
<http://oldenburgfranciscans.org>