



2023 SPRED REFLECTION WEEKEND

Dear SPRED Catechist,

You are cordially invited to join us for the 2023 Reflection Weekend. This is a perfect post-holiday / New Year opportunity to lay your burdens down for a while and rest in the tranquil environment of St. Benedict Abbey.

On the weekend, we take time to explore a personal life experience and weave our reflection into SPRED's symbolic style as we develop a deeper understanding of the mystery alive in our Celebration Rooms every week.

Saturday evening, we prepare and celebrate Eucharist together using SPRED enhancements with joy at the heart of our communion.

We encourage you to consider giving yourself the opportunity to get away and connect with others who share the SPRED ministry.

Julia Hess, CRW

SPRED Reflection Weekend Facilitator &
the Reflection Weekend Team

Email: jchqofa3@gmail.com

Phone: 773-539-7510

Come Away

January 13th – 15th 2023

Arrive: Friday – 7 to 8:30pm
(refreshments provided)
Depart: Sunday at 2pm

St. Benedict Abbey
12605 224th Ave.
Benet Lake, WI 53102

[St. Benedict Abbey Retreat Center](#)

Located just beyond Antioch over the WI border on Benet Lake. The abbey provides:

- Comfortable rooms with full bath
- 5 Meals over Saturday and Sunday
- Inviting gathering spaces and grounds to explore.

The total cost for the weekend is \$230.00

For more information and to register, please visit our website at:

[Reflection Weekend - Queen of Angels SPRED](#)

