



Dear SPRED Catechist,

You are cordially invited to join us for the 2024 Reflection Weekend. This is a perfect post-holiday / New Year's 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 Spaces 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, SPRED Coordinator

SPRED Reflection Weekend Facilitator &
the Reflection Weekend Team

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SPRED REFLECTION WEEKEND 2024

Come Away

January 12th – 14th 2024

Arrive: Friday – 7 to 8:30pm
(refreshments provided)
Depart: Sunday at 11am

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
- 4 Meals over Saturday and Sunday
- Inviting gathering spaces and grounds to explore.

The total cost for the weekend is \$190.00

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

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