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Sisters of Life

— Retreats at Villa Maria Guadalupe —

LOCATION: Villa Maria Guadalupe Retreat House, 159 Sky Meadow Dr., Stamford, CT 06903

Retreat begins with dinner on Friday night at 6:30pm, and concludes after Mass and brunch on Sunday

WEEKEND

INCLUDES: Introduction to prayer and silence, Eucharistic Adoration, Mass on Saturday and Sunday, conferences, opportunities for Sacramental Confession, and fellowship with others walking with the Lord.

DONATION: A donation is requested to help cover the costs of the weekend

DRESS CODE: Modest dress (no sleeveless shirts; no mini-skirts or mini-shorts for women) throughout the weekend, with appropriate clothes for Sunday.

THINGS TO BRING: Bible, Rosary, notebook or journal, sneakers and casual clothes for walks. For the Working Men's retreat, please bring appropriate clothing for working outdoors and/or painting.

TRANSPORTATION:

BY AIR:

If you travel by air, you are responsible for your own transportation, either directly to the retreat house or to the pick-up at the Stamford Train Station (see below). Many of our retreatants do fly in and make their way to Stamford by public transportation (bus or train).

BY TRAIN/BUS:

There will be a 6:30 pm pick-up at the Stamford Train Station. For those from or arriving into New York City, Metro-North and Amtrak trains depart from Grand Central Station into Stamford regularly. If you would like to arrive earlier, there are taxis and a bus service from the Stamford Station. Please wait by the TAXI pick up closest to the parking garage. On Sunday there will be a drop-off around 1:30pm.

BY CAR: *Villa Maria Guadalupe*, 159 Sky Meadow Dr.; Stamford, CT 06903; 203.329.1492

From the South

- take the Hutchison River Parkway North (becomes the Merritt Pkwy in CT)

From the Merritt Parkway, coming North or South

- Take **Exit 35** (High Ridge Road) and make a **left** at the traffic light
- Go ~2 miles (pass the Arboretum on your left)
- You'll see a small white sign on the right for *Villa Maria*
- Make a Left on **Sky Meadow Drive** (which is immediately after the white sign)
- Go 0.3 miles up the hill and turn right into the driveway