

What's the One Thing We Want from Life?

We all want to be happy. A deeper personal relationship with Jesus Christ is the key to a happier life. It starts with a personal encounter with Him. Sometimes we simply need someone to invite us to meet Him and a place to meet Him. Malvern Retreat House is the perfect place to meet Him for that personal encounter.

We Invite You to Join Us

We, the Men and Women of Malvern, invite you to join us, to take time at least once a year to come away for a weekend retreat. Located in Malvern, PA off Rt. 202 just 22 miles west of Philadelphia, this beautiful spiritual oasis amid 125 acres of natural woodlands is accessible by SEPTA Regional Rail's Thorndale line that stops in Malvern within walking distance of the retreat house. A new EZ PASS exit (Malvern-Phoenixville) is now open for PA Turnpike travelers.



Why Should I Make a Retreat?

When is the last time you spent time alone with the Lord? If your spiritual life is secondary to your daily life, a retreat will help you to restore balance to your life. It is virtually a time-out to renew your relationship with God, self and others.

The Word "Retreat" Frightens Me

Some, when they are asked to go on retreat, think of it as a very stern time, being on their knees, always praying, not eating, and not talking. They may feel that only very religious people go on retreat. Not so. Rather, it is time to step aside, relax, rest and look at the important things in your life. Those who make retreats come from all walks of life and professions. They are like you, seeking to strengthen, renew, or discover their personal relationship with God. If we do not have a good relationship with God, it affects our other relationships—with our spouse, family or friends.

What Happens on a Retreat?

We offer different types of retreats at Malvern. During our traditional retreats, the schedule is set, starting with 5:00 PM registration on Friday and closing with Mass at 11:00 AM on Sunday. In addition to four conferences by the retreat director, you will have an opportunity to go to reconciliation if you wish, say the Rosary and walk the Stations of the Cross, alone or with others. You may participate in discussions, have a private conference with a retreat director, and enjoy time set aside for meditation. A highlight for Catholics who wish to have a personal visit with our Lord in the Most Blessed Sacrament is Private Adoration, which is provided in four magnificent Oratories (small chapels). This may be the greatest one-on-one experience of your life.

If you attend one of our thematic retreats, the schedule may vary but contains many of the same elements of prayer, meditation, reconciliation, discussion and Eucharistic liturgies.

We hope you will take advantage of the entire retreat time to meet the Lord in the way that best suits you. We simply invite you to a retreat, and the Lord does the rest.



We All Need More Time

Each day we get only 24 hours, no more. Time is precious. We start out each morning at the same place that we end up each evening. In between, we can be overwhelmed by family problems, traffic, on-the-job crises, national headlines, and personal problems. We struggle to find our true meaning in life, and we say, "If I just had more time..."

To find meaning in all this, we should take time out, look inside ourselves, and maybe get a clearer look at what peace of mind and happiness are all about.

Who Makes a Retreat at Malvern?

Although retreats are Catholic-oriented, all denominations are welcome and nothing is said or done which would make anyone feel uncomfortable. While encouraged, attendance at scheduled spiritual exercises and conferences is at the retreatant's option. There are mid-week and weekend retreats for Men, Women, Married Couples, Young Adults, and Families at Malvern.

Lives are Changed at Malvern



The Malvern Retreat House

This unique retreat house, the oldest and largest in the nation, is owned and operated by the laity, under the canonical jurisdiction of the Archbishop of Philadelphia. Since its start in 1912, attendance has grown to more than 20,000 annually. This includes weekend retreats, as well as midweek retreats and spiritual activities. "Malvern," as the retreat is commonly known, has gained international renown as a haven of peace and solitude, where people can come to refresh their souls.



Do I Have to Make a Reservation for a Retreat?

Advance registrations are suggested although last-minute openings are usually available. For more information or to make reservations, call the Retreat House at 610-644-0400 or register online at malvernretreat.com. You will receive a confirmation in the mail one week prior to your retreat.

Is There a Dress Code at Malvern? What Should I Pack?

Please dress comfortably but in good taste. Services in the Chapels and Oratories call for a respectable appearance - no tank tops, T-shirts, shorts or bare feet. Bring three changes of comfortable clothes. Towels, wash cloths and soap are provided. Toiletries are available for purchase at the Gift Shop. Bring comfortable shoes if you intend to walk the grounds.

What are the Accommodations? Do I Have to Share a Room?

For retreats held in the Main Retreat House, each person has a comfortable private room that includes a bed, an easy chair, a desk with a chair, a sink, mirror and a clothes rack. This gives you the privacy you would look for on a retreat. The bathroom is in the hallway.

Our Family Life Center has private rooms with bath and a double and single bed. These are usually double occupancy, with a limited number of single rooms available.

What is the Cost for Retreat?

Our traditional Men of Malvern retreat weekend is a voluntary contribution based on a suggested donation for each year. Lately, we have asked \$235.00 for a Men of Malvern retreat weekend; this is subject to change. This includes two nights' lodging and five delicious meals.

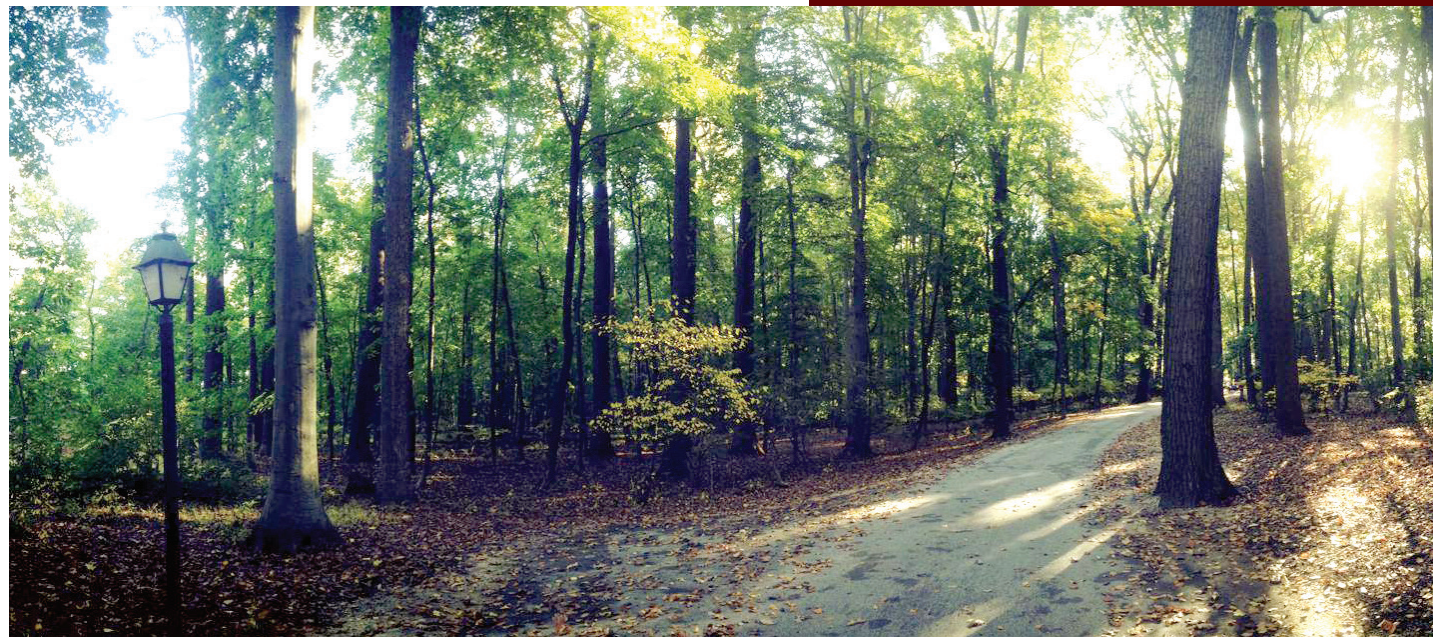
The cost for other retreats varies; please see our website for the complete listing.

When Does the Weekend Retreat Begin and End?

From registration at 5:00 p.m. on Friday until the closing with 11:00 a.m. Liturgy on Sunday, you have time to walk with God, who said, "Come to me, all you who labor and are burdened, and I will give you rest."

Traditional Retreat weekends usually feature two separate retreats of up to 160 people each, which are held simultaneously on most weekends of the year. Each has its own retreat director. Some activities are held jointly. All meals are served in the dining room by our in-house dining staff.

Hospitality is an important part of the retreat experience at Malvern. We welcome you to come apart and rest in the Lord at Malvern Retreat House, an Oasis of Peace.



For more information or to make reservations, visit us online or contact us at:

Malvern Retreat House

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WHY SHOULD I MAKE A *Retreat* AT MALVERN RETREAT HOUSE?

WHAT CAN I EXPECT ON RETREAT?

