



## FALL 2022 SCHEDULE · IN-PERSON AND ONLINE RETREATS

<p><b>August 19-20, 2022</b></p> <p><b>Following the Way: A Biblical Retreat on Discipleship</b></p> <p>with <b>Emmaus Institute</b></p>  <p>24-hour retreat with Vern Steiner, Chad Steiner, and Josh Burks of the Emmaus Institute for Biblical Studies.</p>	<p><b>August 26-28, 2022</b></p> <p><b>Unbound: Freedom in Christ†</b></p> <p>with <b>Fr. Gary Coulter</b></p>  <p>Live your baptism and the freedom of God's children. <a href="http://lincolndiocese.org/unbound">lincolndiocese.org/unbound</a></p>	<p><b>September 8-11, 2022</b></p> <p><b>Work of the Holy Angels</b></p> <p>with <b>Opus Sanctorum Angelorum</b></p>  <p>4-day retreat, Thursday-Sunday. Grow in devotion to and collaboration with the Holy Angels.</p>	<p><b>September 23-25, 2022</b></p> <p><b>Honey from the Rock: Finding God in All Things</b></p> <p>with <b>Sr. Marguerite Marie and the Disciples of the Lord Jesus</b></p>  <p>Women's Life in the Spirit retreat with Magnificat. "I would feed you with the finest wheat, and with honey from the rock I would satisfy you." (Ps 81:16)</p>	
<p><b>September 30 - October 2, 2022</b></p> <p><b>Rebooting the Interior Life</b></p> <p>with <b>Fr. Sean Kilcawley</b></p>  <p>Making prayer your highest priority.</p>	<p><b>October 7-9, 2022</b></p> <p><b>Eucharistic Adoration Retreat</b></p> <p>with <b>Fr. Zachary, SOLT</b> and the Knights of the Holy Eucharist</p>  <p>Deepening your love of Jesus in the Most Holy Eucharist.</p>	<p><b>October 22, 2022</b></p> <p><b>Holiness for Moms</b></p> <p>with <b>Fr. Benjamin Holdren</b></p>  <p>Saturday reflection for Moms of Young People.</p>	<p><b>October 28-30, 2022</b></p> <p><b>Encontrando la Alegría de Vivir/Finding the Joy in Living</b></p> <p>with <b>Fr. Rafael Rodriguez-Fuentes</b></p>  <p>Ejercicios espirituales en español/Retreat in Spanish.</p>	<p><b>November 4-6, 2022</b></p> <p><b>Inner Healing Prayer†</b></p> <p>with <b>Fr. Craig Doty</b></p>  <p>Taking a look under the hood, encountering the powerful love of the Father.</p>
<p><b>November 18-20, 2022</b></p> <p><b>"The Way" Healing Retreat for Female Survivors of Abuse</b></p> <p>with <b>Sue Stubbs</b></p>  <p>Healing heart, mind, body, and soul.</p>	<p><b>December 2-4, 2022</b></p> <p><b>The "O Antiphons" of Advent</b></p> <p>with <b>Fr. Joseph Wahlmeier</b></p>  <p>Jesus is 'God with us', draw close to Him.</p>	<p><b>December 8-11, 2022</b></p> <p><b>Men's Spiritual Exercises</b></p> <p>with <b>Regnum Christi, the Kingdom of Christ</b></p>  <p>Friday conference and weekend retreat for men.</p>	<p><b>December 16-18, 2022</b></p> <p><b>Incarnational Intimacy, a Christmas Retreat</b></p> <p>with <b>Fr. Steve Mills</b></p>  <p>The incarnation teaches intimacy with the Lord, families, parents, and marriages.</p>	<p><b>December 28-30, 2022</b></p> <p><b>Encounter Conference: Virtual Watch Party</b></p> <p>with <b>Encounter Ministries</b></p>  <p>A time for healing, fellowship, prayer, and growth in the gifts of the Holy Spirit.</p>

† Prayer teams will be available to pray with retreatants.  
 All retreats are open to either men or women, except Sept. 23 and Nov. 18 are women only and Dec. 8 is Men only.  
 All retreats are also available via online streaming, except Sept. 8 and Nov. 18

Visit [goodcounselretreat.org](http://goodcounselretreat.org) for more information!

### Private and Silent Directed Ignatian Retreats

Our typical weekend retreats, like those given at other retreat houses, are preached retreats where the retreat master gives talks to the entire group of retreatants.

In contrast, our **Ignatian Retreats**, listed to the right, also known as **Directed Retreats**, allow each retreatant to meet privately with the retreat director every day.

Based on *The Spiritual Exercises of St. Ignatius of Loyola*, the heart of the Ignatian Retreat involves spending four or five prayer periods each day in meditation on scripture. **Ignatian Retreatants** journal about their prayer times and the movements that occurred, so that when they meet with the director, they can be given guidance and appropriate meditations.

- Aug. 4-7, 2022 with Matt Simmons & Fr. Coulter (or 8-day Aug. 4-11)
- Aug. 12-15, 2022 with Fr. Coulter (or 4-day and 8-day starting Aug. 8)
- Sept. 2-5, 2022 with Matt Simmons & Fr. Coulter (or 4-day and 8-day starting Aug. 29)
- Oct. 13-16, 2022 with Fr. Coulter & Matt Simmons (or 4-day and 8-day starting Oct. 9)
- Nov. 10-13, 2022 with Fr. Graeve, Fr. Barak, & Matt Simmons (or 8-day Nov. 10-17)
- Dec. 29, 2022-Jan. 1, 2023 with Fr. Barak & Fr. Coulter (or 8-day Dec. 29-Jan. 5) (& Matt Simmons 4-day Jan. 2-5)

Most 4-day Directed Ignatian Retreats can be extended to 8 days, e.g. ending Thursday instead of Sunday.

At home Directed Ignatian Retreats provide spiritual direction via Zoom and are available at half the price.

**Register online at: [goodcounselretreat.org](http://goodcounselretreat.org)**  
**or contact: [office@goodcounselretreat.org](mailto:office@goodcounselretreat.org) · 402-786-2705**

The typical suggested donation for Weekend Retreats is \$200.

As a Catholic ministry in the Diocese of Lincoln, our Mission is to provide a sanctuary and experience which leads people to encounter Jesus Christ. Through inspiring retreats and warm hospitality, we seek to transform and renew the spiritual lives of all desiring the opportunity to listen to the Holy Spirit and know the Father's love, peace and healing.

## WHEN SHOULD YOU MAKE A RETREAT?

- When you find yourself longing for spiritual nourishment ...
- When you desire to hear yourself pray and hear how Our Lord answers ...
- When you have almost forgotten what your own inner voice sounds like ...
- When you need to refamiliarize yourself with the pure, unobstructed voice of God ...
- When you feel overwhelmed by the newsfeeds, social media, and streaming ...
- When it's been months – or perhaps years – since you've taken time to be truly alone with God and away from the rest of the world ...

... then it is time for a retreat to withdraw briefly from the world, put yourself in God's presence, and assess your own spiritual life to see where you need to do things better. And on a retreat you have someone to guide you through the process.



## Our LADY of GOOD COUNSEL

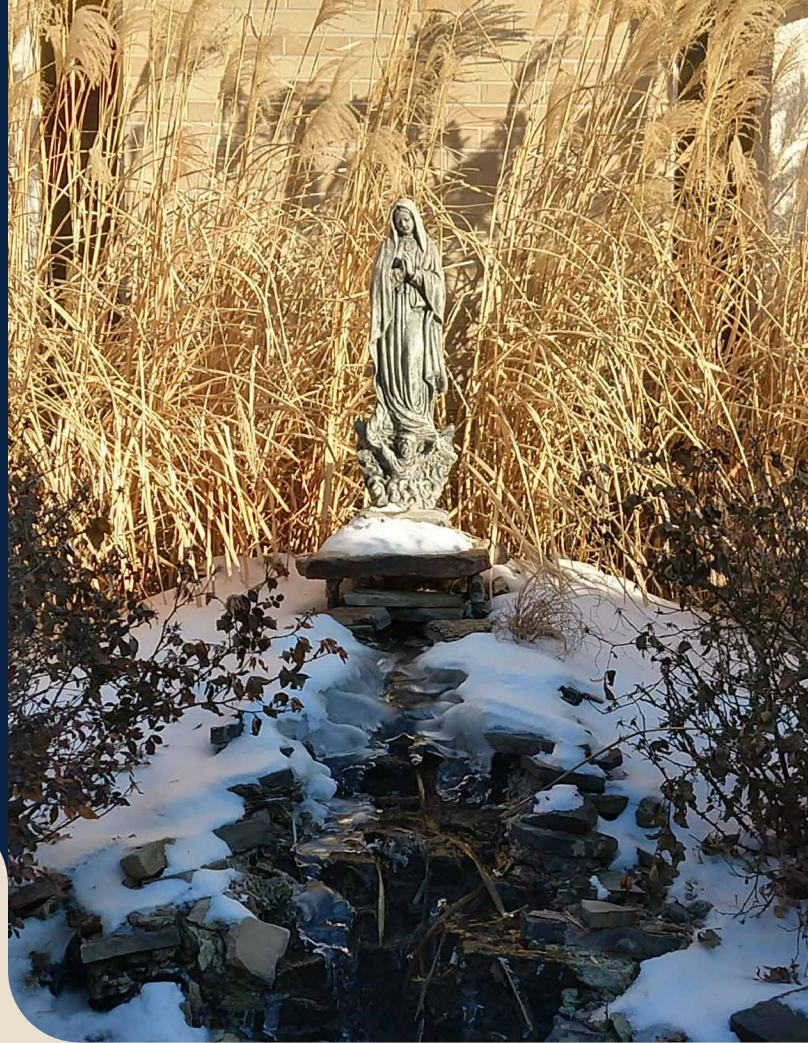
Jesus is the model for why taking time for a retreat is so important. He went on retreat before every major step in His life and ministry. For example:

- Before his baptism by John the Baptist (Lk 3:21-22; 4:1-13)
- Before curing the sick and possessed (Mk 1:25; 6:46) (Lk 5:15-16)
- After feeding the five thousand (Mt 14:13-21)
- Before choosing the Twelve (Lk 6:12)
- Before telling his disciples of his impending Passion and Crucifixion (Lk 9:18, 21-22)

It's no exaggeration to say that Jesus often went on retreat. He took time away from His busy ministry in order to be quiet with his Heavenly Father. We are prone to sin, failure and confusion. If He needed to go on retreat, how much more do we?

After the disciples returned from their mission of teaching, preaching, and driving out demons, Jesus implored them to take some time for themselves, not only to physically rejuvenate, but to do so spiritually as well. He said to them, **"Come away by yourselves to a quiet place and rest awhile."** (Mark 6:31)

You and I also need to come away by ourselves to a place of rest, solitude, and recollection in the presence of God. We need the quiet to hear the still small voice of God that is drowned out by the noise of life. We need the time for rejuvenation and rest from the hectic pace and frantic activity. That's why Jesus often went away to a quiet place to pray.



On a retreat you're given lots of time to spend in prayerful consideration of your life in Christ. The retreat master will give a number of talks and guide you through the steps you'll need to make the retreat as successful as possible. There will be daily Mass, a Holy Hour, and a chance to go to confession. And it could be one of the best confessions you've ever made, because of the extra guidance and prayer you'll get during the retreat.

The important thing regarding prayer is to be real with Jesus, to enter into a conversation with Him where you can open up your whole heart. When you do that, you're emptying yourself for the Lord, making space for Him to fill.

On a retreat you're invited to open up the scriptures and enter deeply. And as we enter into the word, the Word is also entering into us. Jesus is the very Word of God that nourishes and heals.

People who are serious about living as disciples of Christ often make a point of scheduling time for a retreat. Just as any Catholic can go to Mass, any Catholic can go on retreat. It might seem impossible, with overwhelming family, work, and personal schedules, but making time for a retreat can often be better than any vacation!

## SEE BACK FOR FALL 2022 SCHEDULE

*Our Lady of Good Counsel Retreat House*

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Weekend Retreats • Virtual Retreats • Ignatian Retreats • Private Retreats • Catering