

To Canandaigua!

"I wish I could get away from it all for just a little while."

An answer for this recurring feeling is available to people of the Diocese at the Notre Dame Retreat House, situated on a high hill overlooking Canandaigua Lake.

Retreats are available year-round at the House, for individuals or groups. There are three-day or two-day retreats, day-long exercises, afternoon or evening conferences. They are available for men's or women's groups, families, youth, high schoolers and grammar schoolers.

A retreat, while not "out of this world," is in a sense another world — an unhurried one, giving the retreatant a place to think, to meditate—a place of renewal. He goes back to everyday life refreshed, often with a new look at old problems.

If he likes to chat, to talk or to listen, there is plenty of congenial company. If, however, he prefers to be alone, there is every opportunity — in his room, in a walk across the hills of the 100-acre Retreat House property, in the woods behind the complex.

If he wishes a real heart-to-heart talk with a priest, the opportunity is at hand any hour of the day or evening with a priest who has had similar sessions with many persons.

Most—although not all—weekends of the year at Notre Dame are scheduled for men's retreats from diocesan parishes which are pre-assigned specific dates. If a man cannot make the retreat with his fellow-parishioners, however, he is welcome at any other men's retreat, providing there is room for him.

The men check in at 8 p.m. Friday, and leave following 12 noon lunch on Sunday. For those who prefer other than weekends, there is a limited number of mid-week retreats on the schedule.

No specific fee is required. Retreatants are asked to leave an offering in an unmarked envelope.

Notre Dame Retreat House has a capacity of 108 persons. Rooms are modern and comfortable; meals are served family style.

The House has been experiencing a change over the last two years, with a growing number of organizations and groups using it for one or two-day conferences. It has been host to priest and nun seminars, to ecumenical groups and to groups of teenagers and eighth graders. Recently a group of 30 families from three adjoining parishes had a Saturday-Sunday retreat.

Are your nerves tighter than a drumstick? Do you find yourself wishing you could get "off the merry-go-round" for a few hours, or a day or two? Would you like a quiet time in a cozy, comfortable hideaway, far removed from the ordinary duties and cares and pressures of business or social life?

Notre Dame Retreat House is available. It's five miles south of Canandaigua's Main Street, on West Lake and Foster Roads. Address the House at Box 342, Canandaigua 14424. Or telephone 315/394-5700. You will receive a welcome response.

**Photo and Text by
Arthur P. Farren**



The "Four Horsemen of Notre Dame" — Redemptorist Fathers Raymond Bohrer, Louis Olive, James F. Foley, Arthur Finn

Family Weekends



Mother (left) holds bottle for baby during conference in lounge



Youngster falls asleep while parents (rear) hold group session



While parents are in conference, youngsters rehearse for Mass



Communion during daily Mass in chapel