



**Our Lady of Confidence
Christian Retreat
Est. 1964**

*Malvern Retreat House – St. Joseph's In The Hills
Malvern, PA 19355*

To: Facilities/Organizations
From: Jenny Mars and Jenn Falsone
Re: Our Lady of Confidence Christian Retreat – 2023

August 1, 2023

The fifty-eighth (58th) annual Our Lady of Confidence Retreat will be conducted at the Malvern Retreat House, St. Joseph's in the Hills, Malvern, PA on October 10, 11 and 12, 2023. As in past years, residents of your facility/organization, both male and female, are cordially invited to attend. Whoever attends will have the opportunity to become spiritually refreshed and enhance their relationship with our Lord and Savior, Jesus Christ.

The basic schedule will be the same as in past years (registration 3-4:30 on Tuesday, October 10th and departure for home approximately 10:30am on Thursday, October 12th). To get the full benefit of the retreat it is preferred that attendees plan to be on site for the entire retreat, but if this causes any real inconvenience or hardship they can attend any part of the retreat; it is not a requirement to stay overnight. Spiritually oriented and social activities plus free time are scheduled throughout the retreat. There are a few minor changes this year but the main events are pretty much the same as in past years. The retreat house includes four residential buildings, a dining hall, chapel and a conference center. All attendees will be housed in the same building. The men will be on one side and the women will be on the other side. All attendees will be assigned a private room, which includes bed, sink, desk and chair (several wheelchair accessible rooms are available.) First floor rooms are limited but we encourage you to let us know in advance who of your residents will absolutely need first floor accommodations. We will try our very best to accommodate them. Bed linens, a blanket and towels are provided. A group of adult friends (volunteer helpers) and at least one (usually there are more) registered nurse will be on site throughout the entire retreat to assist and monitor the needs of the retreatants. Five full course meals will be served (Dinner on Tuesday and Wednesday, Breakfast on Wednesday and Thursday and Lunch on Wednesday); special dietary needs can be accommodated (please note this on registration/medical profile). We usually have between 100 and 150 (including friends) in attendance. Every friend is assigned anywhere from one to four or five retreatants (depending on the level of support needed). It is the friends' responsibility to become "Buddies" with those assigned to them and assist them in any way they can. Family members and/or caregivers are always welcome. *****Please note** we ask that any retreatants who require one-to-one care or supervision be accompanied at the retreat by an aide from home who knows them and their needs. While we strive to provide everything for every retreatant we also know that our volunteers might not be experienced or skilled in all levels of self-care and aid.***

Two brochures and registration/medical profile forms are also enclosed. The brochure tells you who the Retreat Directors will be and other pertinent information. The registration/medical profile form **MUST** be completed by every attendee and returned by October 1, 2023 to the address listed on the form. To register instantly online, please go to www.opdarchphilly.org and complete the form. Any information provided on the form will be held in strict confidence. Only our medical staff and I will have access to it. The primary purpose is to have the necessary information, in the event of a medical emergency during the retreat, and to make certain we have the facilities and personnel to accommodate them in a serene and comfortable manner. I realize this pre-registration may be tedious, but it will be a great aid to us in our planning and preparation of the required facilities.

We sincerely appreciate your participation in our apostolate and thank you for your assistance. If possible, please consider donating to Malvern Retreat House to help cover the cost of the retreat. Checks can be made out to Malvern Retreat House. For online donations, please visit: www.opdarchphilly.org. If you have any questions or concerns, please feel free to contact me. May God bless you.

Sincerely,

Jenny Mars, CA Co-Captain, OLC Retreat Group
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OR

Jenn Falsone, CA Co-Captain, OLC Retreat Group
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Encl: Two 2022 Brochures and Registration/Medical Profile Forms

All Adults Are Welcome, Especially Those with Disabilities