**Sursum Corda Retreat 2022**

*"Jesus, help me to simplify my life by learning what you want me to be and becoming that person."*  
  
Withdraw from the world to strengthen your spiritual life and study the virtue of temperance. Connect with Catholic young adults from around the nation and enjoy recreation like basketball, outdoor activities, and campfires.  
  
**Dates & Time**  
Friday, July 8 at 2:30 pm

through  
Monday, July 11 at 12 pm  
  
**Location**  
Colombiere Conference & Retreat Center  
*9075 Big Lake Rd, Clarkston, MI 48346*

*(45 minutes NW of Detroi*t)

Double Rooms

See the retreat center here: [http://colombiere.com/](https://email-mg.flocknote.com/c/eJwdjUEOgyAQRU8ju5phYMQuWHTTe-AISlSmQXr_kiZ_9ZL3_uqdNuisyh4BEchoTXZCHOdAhqKbI1iCFfRgIZ3CR5EWR5ZL7T4wk-4CkAU2OCWXpgWZ0EFa01Or0--tfQbzGvDdx3LKteRY_4EOVPUcipSxSL1C6Re53C23b4sP3mu-2-PIZRulbj9tNTM9)  
  
 **Unbeatable Price!**

$260 for 3 Nights  
$200 Commuter Rate (includes meals)

*Send check payable to "Institute of Christ the King" to:*

*St. Joseph Shrine*

*1828 Jay Street*

*Detroit, MI 48207*

*Memo: Sursum Corda Retreat*  
  
**Who?**  
Young Adults Ages 18-35 (single / couple)

Under the leadership of Institute Canons

(Rev. Canons Commins, Stein and Zignego)

**What?**

Conferences:  Theme: Virtue of Temperance

Architecture and Spirituality

Liturgy Talks on the Mass, and Q&A about anything!

Spiritual Directions

Confession/Adoration/Holy Mass

And a lot of fun!

Special Guest Speaker: Mr. William Heyer

Register here: https://form.jotform.com/icksp/sursum-corda-annual-retreat-2022