

"I strongly support Sanctum Retreat, and encourage all the people of the Edmonton Archdiocese to take advantage of the presence in our Archdiocese of this peaceful place of prayer."

*Thomas Collins
Archbishop of Edmonton*



"My visits to Sanctum have been both memorable and inspiring, truly a sacred place."

*Frederick Henry
Bishop of Calgary*



"Sanctum and God's hand have created in nature a peaceful setting where one is able to better reflect and communicate with our Maker."

*Allan Wachowich
Honourable Chief Justice
of Alberta*



"I found Sanctum Retreat to be a world-class facility that nourishes and rejuvenates mind, body, and spirit. Surrounded by the beauty of his creation, it provides the perfect environment to meet with God."

*Pat Nixon – C.M. Founder
and Executive Director of
the Mustard Seed Ministry,
Recipient of the Order of
Canada*



SanctumTM Retreat

*Are you weary?
... Come find rest.*

*Sanctum
Retreat*

Box 550, Caroline, Alberta T0M 0M0

Toll Free: 1-888-442-0285

Phone: (403) 722-3101

Fax: (403) 722-3011

Email: sanctumretreat@telus.net

www.sanctumretreat.ca



www.sanctumretreat.ca



Sanctum ... Sanctuary, sacred meeting place with God, a space in which to center, refocus, pray, take time apart, come to the quiet and rest awhile to be with God in the solitude ... No work ... No TV ... No phones ... No distractions ... Sacred time enveloped in the space and freedom of Silence and Natural refuge ... Enveloped in the peace of the Author of Life ... everything else taken care of for you — excellent meals and lodging. Imagine, a Gift for the Soul.

Sanctum Retreat Centre Features:

- Chapel
- Conference Room with AV
- Solarium Dining Room
- Exceptional Dining
- Common Social Kitchen
- Indoor Fireplace Lounge
- Bookstore & Gift Shop
- Modern Library
- 33 Private Bedrooms with Washrooms
- Capacity 50 for couples or mixed groups
- Outdoor Spa
- 7 Acre Lake with Island
- 3 Pine Pioneer Hermitage Cabins
- Large Patio Deck overlooking the Raven River
- Outdoor Fireplace
- Way of the Cross through Forest
- Lush Meadows for Solitude and Refuge
- Dense Forest Hiking Trails on the Raven River
- Excellent Fishing
- 100 acres Natural Forest Refuge



- Less than 2 hours from Calgary or Edmonton
- Transportation Available
- Luxury 47 Passenger Coach Shuttle
- Coach with Washroom/AC/Video

Programs & Services:

Sanctum Retreat offers Silent Spiritual Retreats Year-round. Visit our Web site for Details

- Women's Retreats
- Men's Retreats
- Couples' Retreats
- Clergy Retreats
- Serenity (12 Step) Retreats
- Hoffman Institutes
- 7 Day Silent Retreats
- Spiritual Direction
- Corporate Retreats and Hosting

Book your Next Function at Sanctum:

Ministry and Formation, Corporate Visioning, Leadership Workshops, Professional Development

All Faiths Welcome

Sanctum Retreat is rooted in Catholic Christianity. In the True Spirit of Jesus, Sanctum openly welcomes peoples of all Faiths, for in loving and serving our neighbour, we love and serve Christ.

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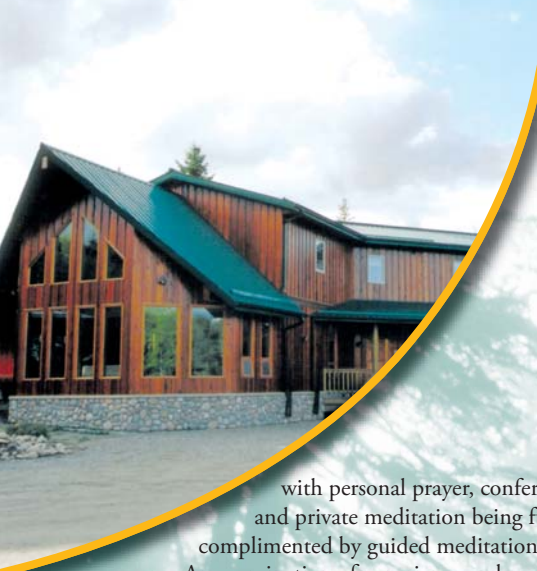
Email: sanctumretreat@telus.net

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Weekend Retreats

Weekends are a time of silent retreat at Sanctum. Doors open at 4:00 PM with supper at 7:00 PM. Following orientation, silence begins with a meditation and the first of four reflective conferences that weave a tapestry throughout the weekend. Communal prayer before meals provides a time of praise and petition,





with personal prayer, conferences, and private meditation being further complimented by guided meditation and song. An examination of conscience and sacramental reconciliation are part of Saturday's schedule. On Sunday, we are sent forth, following lunch at noon.

Sacraments

For Catholic retreats, sacramental Ministries of Eucharist and Reconciliation are provided to Sanctum Retreat by the local parish priest.

Silent 7 day Individually Directed Retreat

Continuing a long tradition of taking time apart in solitude, Sanctum Retreat offers occasion to come to the quiet and rest awhile. Daily scheduled time with a Spiritual Director supports a contemplative sojourn with God. The Sacred Scriptures and song, the Communal Prayer before meals, private contemplation, and occasion to celebrate Sacramental Reconciliation and the Eucharist sustain the soul's journey through these days.

Scheduled in first half of August.

Contact the office for details at (403) 722-3101.



12 Step Ministries

Sanctum facilitates a series of Serenity Weekends for those who are members of 12-step programs. See scheduled weekends on our web site.

Midweek Retreats

Sanctum Retreat is available for occasional midweek group events. Please contact the Director for more information.

About the Facility

Sanctum Retreat is situated just meters from the Raven River, set in the midst of a mature and enchanting forest and woodlands in the Raven River Valley. Its buildings - tastefully designed modern lodges finished in cedar and stone - facilitate a stay that is simultaneously simple and abundant.

The Common Lodge:

The Conference Room is the heart of the Common, set around a majestic stone fireplace. High quality comfortable conference chairs encourage retreatants to linger long after the conferences have ended, providing a space to sit and reflect, to rest and to be.

A Self-Serve Kitchen is accessible throughout the retreat, where juice, coffee, tea and snacks are provided.

The Library is available to retreatants during your stay with us, and accepts donations of appropriate reading resources.

The Bookstore provides a selection of materials, including books, cards, artwork and CD's.

The Common Lodge includes 6 bedrooms, including 3 in the loft, 2 in the north wing, and, on the south wing, one Executive Suite with bedroom, small meeting room and office with separate entrance, Japanese spa, and steam sauna. This executive suite is reserved for our guest Preachers and Presenters.

The Resident Lodge:

The Chapel is the soul of Sanctum Retreat. A reserve chapel for the Blessed Sacrament is located at the front of this Lodge, with its majestic doorway drawing us in, and its windows drawing us outward to gaze upon the beauty of God's creation. A sacred space for both individual and communal prayer, it seats 48 people,





27 bedrooms are located in the Lodge. Rooms are cozy, containing a bed, desk, toilet and sink. Access to private showers is off the main hallways. Bedding and towels are provided. Of the 27 rooms, 15 are single beds, 6 are doubles with an over-top single bunk, 4 are doubles, and 2 are queens.

Non-smoking Policy:

Sanctum Retreat is a smoke-free facility. Your respect for the needs of fellow retreatants and the environment is requested. Smoking is permitted outdoors in designated areas.

Handicap Access:

The facility is equipped with wheelchair access, washroom facilities and sleeping accommodations to assist you in your stay with us. If special assistance is required, we encourage the accompaniment of a care-giver to provide necessary care during your stay. Please identify your needs when registering so as to ensure accommodation availability.

Cozy Pine Hermitages:

Additional accommodation is available in the 3 pioneer cabins located within meters of the Lodge. Serviced with power but no running water, they provide occasion for those individuals who enjoy cozy cabin dwelling as part of their retreat experience.

The Dining Room:

Hearty home-cooked meals are served in a 4 seasons solarium over-looking the grounds, an opportunity to enjoy the surroundings in every season, regardless of the weather.



Meals

As much as possible, every attempt is made to accommodate special dietary concerns, with notice a minimum of 2 weeks prior, so as to provide our kitchen staff sufficient time to adequately prepare for your stay with us. Please contact Sanctum to discuss special needs. (403) 722-3101.

Registration

Retreats are coordinated through the generous support of captains who provide necessary information. For weekend retreats, make reservations with captains whose names and phone numbers are provided on the attached schedule or on the web site at www.sanctumretreat.ca.

Grounds

Nestled in the rolling foothills 4 km west of Caroline, Alberta, the retreat grounds are 100 acres of land inviting exploration. Within the masterpiece of nature's design, it is ground potent with pathways and places of solitude and solace. The Stations of the Cross wind along the banks of the Raven River, while a hillside series of 4 loops provide a Rosary path of contemplation on the mysteries of Christ's life. To the west, a newly landscaped lake provides occasion for a lakeside stroll, inviting reflection on the virtues, and a river valley path meanders along, inviting celebration of God's handiwork in creation.

Cost

Our ministry is made possible through the generous support of our retreatants. There is no set fee for a weekend retreat; rather, you are asked to donate whatever you can to help maintain the Retreat, keeping in mind the costs of food, lodging, maintenance and personnel. Our suggested offering is between \$250 – \$300 for a weekend retreat, with a charitable donation receipt being issued for amounts over \$200. Measure your gift in two ways: in justice to cover costs and in charity to help make it possible for others to come who otherwise could not afford it.



International Outreach to Underdeveloped Countries

Sanctum Retreat has established a close relationship with Opportunity International – a charitable organization committed to helping the poorest of the poor in helping themselves out of the bondage of poverty. “Give one a fish, fed for a day. Give one a fishing rod, fed for life.”

Funding for Christian Projects

Sanctum Retreat’s primary funder has been M.O.C. Mortgage Outreach Corporation is a Christian based Lending Corporation offering financial assistance to Christian projects where traditional Banks won’t offer assistance. If you know of any such project requiring M.O.C.’s assistance, or if you would like to offer your own ethical investment funds to M.O.C. to channel to projects like Sanctum, please contact Howard McLean in Calgary at 403-286-0611.


Booking Sanctum Retreat for Private and Corporate Functions

Sanctum Retreat is well suited to accommodate executive corporate retreats. Be it for seminars, visioning, planning, re-structuring, or corporate and personal wellness, Sanctum offers a welcoming ambiance. Facilitation by team members is also available, provided sufficient notice. For recreational purposes, hiking and fishing along the Raven River – one of Alberta’s esteemed trout fishing resources – awaits, while an outdoor patio and fireplace greets guests with the setting sun. To book, please contact the Director well in advance to ensure availability and to provide sufficient time to prepare for your stay with us.

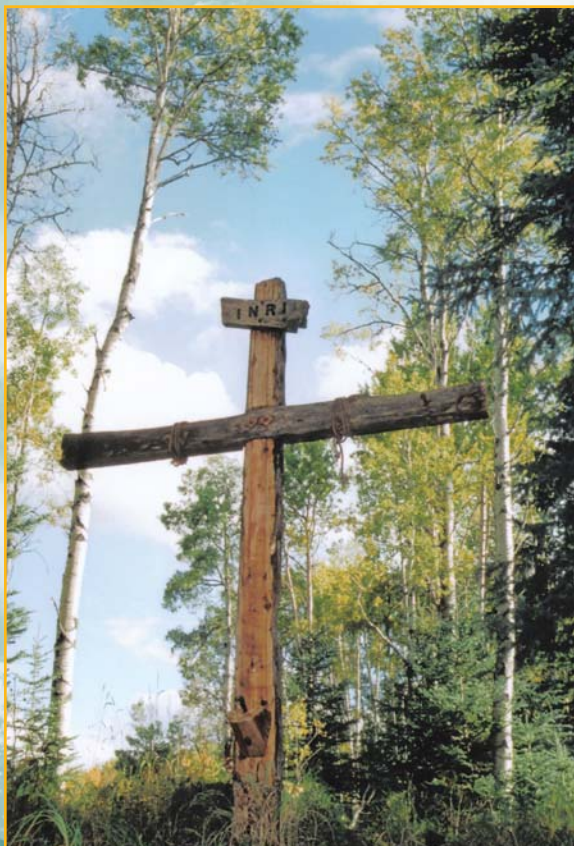


Sanctum Foundation

Sanctum Retreat has been founded by Kristoph and Mariette Dobrowolski with the generous support of a substantial team of investors committed to seeing retreat ministry continue and thrive in Alberta.

Sanctum Retreat is owned and operated by Sanctum Foundation 

– a registered charity, committed to developing and sustaining spiritual retreat ministry in Western Canada.





*Photo by AFS Aerial Photography www.aerialphotography.ca
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Sanctum Retreat established July 2004







About Our Founders Mariette and Kristoph Franz Dobrowolski

Mariette and Kristoph Franz Dobrowolski are trained lay Catholic Theologians, Teachers, Franciscans, and Musicians and Recording Artists. Together, they have now over 20 years of experience in Retreat ministry. Mariette and Kristoph are the Founders and Directors of Sanctum Retreat, where they reside with their son, Joshua.

Mariette Dobrowolski sfo
B.A., B.Ed., MA Theology, Ph.D Ministry

Kristoph Franz Dobrowolski sfo
B.A., B.Ed., MA Theology, Ph.D. Spirituality



Mariette and Kristoph Franz Dobrowolski have created their own record label to produce musical and guided meditation recordings to companion one on the spiritual path. With over 25,000 recordings sold, the following are some current selections available from SandalSong.

Musical Recordings

- SSMMII – Lilies of the Field – Kristoph Franz
Scriptural/Contemplative. A gorgeous new recording in a tradition of works like John Michael Talbot.
- SSMMI – For Love of the Wind – Kristoph Franz
Singer/Songwriter
- SS096 – Spiritus – Kristoph Franz
Scriptural/Contemplative
- SS093 – Spunky Peas-Bo Blue
Just for fun sing-a-long for the kid in everyone, Kristoph Franz takes on his children's entertainer persona Bo Blue.
- SS095I – Calm – Kristoph Franz
Contemplative solo piano to invite calm. Wonderful for setting a peaceful mood

Guided Meditations

Wonderfully creative guided imagery narrated by Mariette Dobrowolski set to a warm musical soundtrack.

Scriptural Meditation Series: Potter's Touch

- SSM096 – Awakening to Life
Five Christian Scripture Meditations
(about 15 min long)

12 Step Meditation Series: Serenity Meditations

- SSM097 – Serenity Meditations I
Six Twelve Step Meditations (about 12 min long)
- SSM099 – Serenity Meditations II
Six Twelve Step Meditations (about 12 min long)

Christian Prayer Series: Prayer Pearls

- SSM098 – Franciscan Meditations
Prayers written by St. Francis of Assisi set to a contemplative musical soundtrack



See website for additional and upcoming products and information – www.sandalsong.com

Mariette Dobrowolski is an educator and recognized retreat facilitator who has supported many in experiencing grace-filled encounters with God. As part of her ministry, she continues to touch people's hearts through Scriptural and guided imagery and narration, sensitive to the stirrings of the soul in prayerful reflection.

All these CDs can be sampled and ordered directly from our website www.sandalsong.com or our toll-free number. Thank you for your support!



“Kristoph and Mariette have a true gift.”

John Michael Talbot



“I have always been inspired by their pursuit of God.”

Stevie Bell



“Sanctum and God’s hand have created in nature a peaceful setting where one is able to better reflect and communicate with our Maker.”

*Allan Wachowich
Honourable Chief Justice of Alberta*



“My visits to Sanctum have been both memorable and inspiring, truly a sacred place.”

*Frederick Henry
Bishop of Calgary*



“The Franciscans of Western Canada are encouraged to hear that Kristoph and Mariette, gifted young people with experience in retreat preaching, have decided to establish Sanctum Retreat.”

*Fr. Bob Mokry o.f.m. – Provincial Minister
Franciscan Friars of Western Canada*

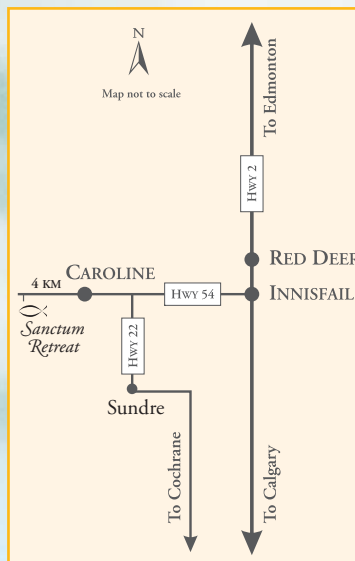
Directions to Sanctum Retreat

From Calgary (~120 min)

Go north on Hwy 2 to Innisfail, then exit and go west on Hwy 54 to Caroline (approx. 35 min). Once you reach Caroline, go straight through and continue on Hwy 54 for about 4 km. Sanctum Retreat signs and the “Fish” will lead you to the Retreat. Watch for the entrance on the left (south) side of the highway.

From Edmonton (~120 min)

Go south on Hwy 2 to Hwy 54 (the Innisfail and Caroline exit) about 15 minutes south of Red Deer. Go west on Hwy 54 to Caroline (approx. 35 min). Once you reach Caroline, go straight through and continue on Hwy 54 for about 4 km. Sanctum Retreat signs and the “Fish” will lead you to the Retreat. Watch for the entrance on the left (south) side of the highway.





Buy a Coffee a Day

Could you afford a coffee a day for 1 year to support a new centre for Spiritual Retreat and growth?

If everyone like you became a subscriber, that's all it would take to pay down our mortgage debt for the construction and launch of this fine Facility which opened to full-time ministry in July 2004. Our goal is to raise 2.5 million to pay off our construction and development mortgage, and we are asking everyone (including ourselves) to chip in just a coffee a day for just 12 months. If all retreatants, current and past, were to contribute this small amount, the debt would easily be paid for this vibrant new charitable ministry – but we **all** must get involved.

In return, along with your charitable donation receipt, you would receive 3 complimentary CDs from Sandalsong – musical and guided meditation recordings.

Further, all Subscribers will be entered into a draw for a “Trip for the Soul” – an all expense paid trip for two to Assisi, Italy for 10 DAYS! The home of St. Francis of Assisi, this enchanting and sacred place is pure nourishment for the soul – the birthplace of Franciscan Spirituality. The draw will take place at the end of the campaign. Please be generous, and buy Sanctum just a coffee a day!

Sanctum Retreat is a registered charity 100% dependent on people like you for financial support. There are currently no large religious orders or organizations offering regular financial support to Sanctum in times of need.

How?

It's very simple. Just fill in this authorization form and mail it back to us with a VOID cheque, and we will debit your contribution amount from your account once a month for 12 months only.

Or, in the same way, simply fill in the authorization for your credit card contribution.

We will issue you a charitable donation receipt once a year for 100% of your subscribing contribution.

Your subscription will offer the financial stability that a new Centre for Spirituality needs in the 21st century.

Please help keep Retreat Ministry alive and well in Alberta, for you, your children, and your grandchildren.

See next page for details.

**3 CDs
FREE!**

Tear here

Yes,

*I want to buy a coffee a day
for 12 months to support
Sanctum Retreat!*

I am providing a VOID CHEQUE

or

I am providing my credit card number

Credit Card Number: _____

Expiry Date: __ / __

Signature: _____

Size of Coffee

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Small	Medium	Large	X-Large
\$1.10	\$1.25	\$1.50	\$1.65
(\$400/yr)	(\$450/yr)	(\$550/yr)	(\$600/yr)

One time donation option: \$600

Please mail my charitable donation tax receipt to the address on my Void cheque or to the following address:

Name: _____

Address: _____

City: _____

Postal Code: _____ Phone #: _____

3 Complimentary CDs with Subscription

By handing in this subscription TODAY you are entitled to take with you 3 free CDs of your choice from Sandalsong – musical or guided mediation recordings.