



**Queen of All Saints 2020 ACTS Retreats – Registration Form**  
**Sisters of Mercy Retreat Center – Women; January 16-19, 2020 – Men; February 20-23, 2020**



Queen of All Saints is now accepting registrations for upcoming ACTS retreats for men and women. This formation offers the opportunity to renew your spirituality, to strengthen your faith and its application to your daily life, and to grow your prayer life. They are presented by your fellow parishioners and will help build lasting friendships among members of the parish community. They are held at the beautiful Sisters of Mercy Retreat Center in Frontenac, MO, ~30 minutes from QAS.

The retreat begins Thursday evening, with check-in at 6:15pm at QAS. Transportation will be provided to and from the retreat center. The weekend concludes at the QAS 10:30am Mass on Sunday, with a reception following in the school cafeteria.

The total cost for the weekend is \$288 which includes lodging in a private room and all meals. A deposit of \$50.00 is requested with this form to reserve your place. The remainder is due at the Thursday check-in. **PLEASE NOTE: Financial difficulties should not prevent anyone from attending the retreat.** If you are unable to pay all or part of the fee, please contact Fr Hambrough at the rectory, 314-846-8207 or via eMail at [phambrough@archstl.org](mailto:phambrough@archstl.org).

Please mail or take your completed registration form and deposit payment (check payable to QAS ACTS Retreat) to the rectory marked as follows:

Queen of All Saints Church  
 Attn: ACTS Retreat (indicate Women or Men)  
 6603 Christopher Dr.  
 St. Louis, MO 63129

Approximately 7-10 days prior to the retreat, you will receive a letter describing what to bring with you for the weekend.

Questions? Call or eMail either Director below, as appropriate:

**Women:** Director: Barb Mantia 314-620-7380 eMail: [mantiafb@hotmail.com](mailto:mantiafb@hotmail.com)  
**Men:** Director: Vince Holtmann 314-541-6294 eMail: [vholtmann@sbcglobal.net](mailto:vholtmann@sbcglobal.net)

**Select Retreat Date:**

Women - JAN 16-19       Men - FEB 20-23

**The Retreat Fee is \$288**

Name: \_\_\_\_\_

Parish: \_\_\_\_\_

**Name as you would like it to appear on your name tag:**

\_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Work: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact #1: \_\_\_\_\_

Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Emergency Contact #2: \_\_\_\_\_

Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Please list any special physical, dietary, medical, or other needs below:

## What is ACTS?

# Adoration Community Theology Service



An ACTS retreat is centered on how we as Catholics can improve our relationship with God and build a better, stronger faith community. ACTS stands for the four core principles: Adoration, Community, Theology, and Service, and is based on Scripture in Acts 2:42-47.

ACTS retreats follow an established format, but each one is a little different. This is not a silent retreat, but is more participative. There is prayer, reflection, Mass, testimony, sacraments, discussion, and fun! You may choose to participate as much or as little as you like. This is a time to get away from your busy daily life and enjoy quality time with others like you.

Participants often develop lasting friendships. The environment on the retreat allows for open discussion of our faith which is rarely found anywhere else in our society. Many who have attended will attest to the profound difference ACTS has made in their lives and in their relationships with friends, family, and God. More than 150 men and women at QAS have been on the retreat, and many of these continue to serve on the teams conducting the retreats.

*Take a leap of faith, put yourself in the hands of others, and embrace the journey. You'll be glad you did!*

## What do people say about ACTS?

...I didn't realize *my relationship with Jesus was so personal*. ACTS has helped me to know that *my faith is more important to me* than I realized. Our parish has some awesome men and women of faith!

...*I was NOT a retreat person*—I had not been on one since high school. But some friends encouraged me to try ACTS, so I did. *What I received was way more than I expected*. I have a renewed sense of faith and an understanding of what really matters.

...Before ACTS, I never really knew the people I saw at Mass. Now when I go to Mass, I feel like *I'm going with friends*. I have a real sense of belonging to the Queen of All Saints parish family.

...Whatever you're looking for in life, *ACTS can help*. It sure helped me! I not only feel closer to God, *I feel closer to my wife and kids*.

...Why go on an ACTS retreat? Well, I went because my husband went first, and *I saw a change in him*, a greater sense of spirituality. I saw the same thing in the women I knew who went to ACTS.

...*I had lost my way spiritually*. I knew I wanted to get closer to Christ but I didn't know how. *ACTS enabled me to make this start*, and focus on what is important—God in all aspects of my life.

...ACTS is a unique way to experience and renew your faith. The *sense of fellowship and community* is truly remarkable. When you surrender to the experience, you end up giving yourself and your loved ones a real gift.

...Because of ACTS, *my life is still changing for the better*. Now I know why all those people were smiling so much. They knew what I now know...*ACTS is for everyone!*

...My prayer for you is this: Let your curiosity lead you. *What does God have in store for you?* Can you give Him a weekend of your life to see where He is leading you? You might find a way to follow Him that is totally unexpected.

...*All it takes is a simple, "Yes"*



