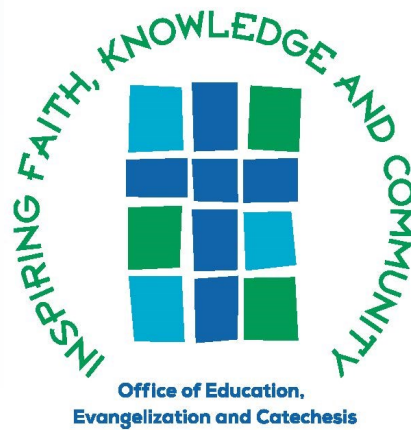




The Missionary Servants of the Most Blessed Trinity, have served at Trinita Retreat Center since 1923. Trinita Retreat Center sits on 123 acres of land, mostly wooded and wetlands.

Trinita's location in beautiful New Hartford, Connecticut, provides a calm and peaceful retreat atmosphere. Its rustic simplicity gives youth and adults a chance to get out of their ordinarily busy lifestyle, and enjoy some time of fun and reflection.



Metanoia



A transformational weekend retreat for Young Adults.

Offered exclusively by:



Office of Education, Evangelization and Catechesis
INSPIRING FAITH, KNOWLEDGE AND COMMUNITY

Metanoia

Metanoia, (from the Greek *μετάνοια*) is a New Testament term referring to conversion, transformation, and turning toward the Lord.

Metanoia Retreat is a 3-day weekend spiritual retreat for young adults who simply wish to **getaway** from the world and **grow** in their Catholic faith.

There will be time to rest and unwind on the beautiful grounds of Trinita. Consider this retreat a time to step away from the busyness of life & invest in your faith.

Vision and Mission



The vision of **Metanoia Retreat** is to accompany the participants as they reflect on their own reality and recognize Christ in their life.

Mission of **Metanoia Retreat**:



Help young people fall more deeply in love with Jesus.



Get young people to begin to truly discern their life's purpose.



Motivate young people to be leaders for the Church & for the world.

Everyone who participates in a **Metanoia Retreat** will experience something different. Don't miss out on this beautiful opportunity!

For more information

Next young adult retreat (ages 19-30):

June 16-18, 2018

Retreats will start on Friday evenings & end on Sunday afternoons.

Cost pp: \$125.00

(includes meals & lodging)

To register, visit:

www.CatholicEdAOHCT.org

(look under programs)

or contact:

Miriam Hidalgo

Archdiocesan Director of Youth

& Young Adult Ministry

Tel: 860-242-5573 ext. 2678

Email: Miriam.Hidalgo@aohct.org



The main house at Trinita Retreat Center