



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.



Office of Education ,  
Evangelization and Catechesis  
467 Bloomfield Avenue  
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# Metanoia Retreat



**A transformational weekend  
retreat for  
Young Adults  
(Age 18 to 35)**

Offered exclusively by:



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

## Metanoia

**Metanoia**, (from the Greek *μετάνοια*: to change one's mind, repent, be converted) New Testament term referring to conversion, entailing repentance of sin and a subsequent turning toward the Lord.

**Metanoia Retreat** is a three day weekend spiritual retreat for young people who wish

- \* to grow in their Catholic faith
- \* be motivated
- \* to discern their vocations
- \* to put their faith into action

**Metanoia** would be open to participation from practicing and non-practicing Catholic youth as well as those preparing for the Sacrament of Confirmation.

The retreat would be organized and facilitated by peer ministers, young adults, and adult leaders who would also lead the talks, prayers, and small group discussions. The retreat team would also include participation from clergy, religious, and married couples.

## Vision and Mission



The vision of Metanoia Retreats is to accompany the young participants as they reflect on their reality and recognize their calling to become active disciples of Christ in the world!

Mission of Metanoia Retreats:

- \* to help young people fall deeply in love with Jesus
- \* to get young people to begin to truly discern their vocation
- \* to form young people into leaders for the Church and for the world

Everyone who participates in a Metanoia Retreat experiences something different.

## For more information

We will offer two versions of this retreat: one for high school students and another for young adults (age 18-35) Retreats will start in October and run through June.

For more information or to register, go to [www.CatholicEdAHOCT.org](http://www.CatholicEdAHOCT.org)

Or Contact:

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*The main house at Trinita Retreat Center*