



## Spiritual Fitness Retreat For Men

Featuring:



**Danny Abramowicz**

Former NFL All-Pro Wide Receiver and Coach. Host of EWTN's Crossing the Goal.



**Fr. Dennis Gang, TOR**

Franciscan University of Steubenville



**Deacon Ralph Poyo**

New Evangelization Ministries

**August 13<sup>th</sup> and 14<sup>th</sup>**

**Seton Parish, Pickerington**

**(Program begins with Mass at 5pm on Friday night and ends by 4pm on Saturday)**

**Cost: \$75 includes 6 talks, 2 Masses, 3 Meals!  
(Excludes Lodging)**

**For more information, and to register, visit:**

**[www.columbuscatholicmen.com](http://www.columbuscatholicmen.com)**

**or call:**

**Scott Williamson at 614-798-1792**

## CROSSING THE GOAL SPIRITUAL FITNESS RETREAT

August 13 – 14, 2010

Sponsored By:  
Columbus Catholic Men's Ministry  
Seton Parish  
600 Hill Road  
Pickerington Ohio 43147

**Purpose of the Retreat:** To train and strengthen ourselves inwardly through workouts so that we become Godly men who will make a difference in our homes, parishes, workplaces and communities.

### Friday, August 13

4:00 - 5:00 Check-in  
5:15 Mass  
6:00 Steak Dinner  
7:00 – 8:00 Talk 1: **“Emptying Ourselves” and Reflection**  
8:00-9:00 Talk 2: **“Unchain My Heart” and Reflection**  
9:00 Evening Prayers  
9:15 - 10:00 Snacks and fellowship

### Saturday, August 14

7:30 Morning Prayers  
8:00 Mass  
8:45 Breakfast  
9:30 -10:30 Talk 3: **“Equipped to Serve” and Reflection**  
10:30-11:30 Talk 4: **“Fire Power” and Reflection**  
11:30-1:00 Lunch and Confessions  
1:00-2:00 Talk 5: **“Victory Through Surrender” and Reflection**  
2:00-3:00 Talk 6: **“Bring it Home” and Reflection**  
3:00 – 4:00 Wrap Up  
4:00- Depart

**Cost : \$75.00 per person – includes all meals and program speakers (excludes lodging)**

**Registration:** <http://www.columbuscatholicmen.com> or mail to Scott Williamson, 5107 Canterbury Dr., Powell, OH 43065 with checks made out to Catholic Men's Ministry *Registration will be limited to 250 men. Over night accommodations are not included.*