

Retreats offer break from everyday hustle

There are only so many hours in a business professional's day and by the end of the week it's nice to take some time away from the hassles of the workplace.

At the Malvern Retreat House in Pennsylvania, a new retreat specifically developed to help individuals integrate spirituality with business will take place June 1- 3.

"One should take the time to place God first in one's life," said Anne McGlone, director of marketing and public relations for the Malvern Retreat House. "If one places God first then everything else falls into place."

Matthew Kelly and Father William McCarthy will co-conduct the weekend retreat called, "How to integrate your faith while still making a profit!" Business professionals from all faiths are welcome to participate in this uplifting event. Through inspirational speeches, lively music and liturgies, participants will leave feeling rejuvenated and spiritually revived. For Catholics, Mass, reconciliation and eucharistic adoration will be provided throughout the weekend.

"It's important for people to take time out with God," said Ms. McGlone. "It's important to maintain a sense of integrity, and prayer focuses integrity."

Participants will receive personalized attention and hear talks on "the keys to success" and "how to remain virtuous in a non-virtuous world." The weekend also includes a Saturday night social with a business card exchange.

Ms. McGlone said it is important for people to get away from the stress of mound of paperwork, numerous meetings and hiring and firing people. She said sometimes a person just needs to get away and regroup for a few days.

"Business ethics is a topic that strikes a chord with the majority of our retreatants," said Jim Fitzsimmons, president of Malvern Retreat House. "With this retreat, Malvern hopes to offer solutions to challenges that we all face in business."

The retreat begins at 6 p.m. on June 1 and concludes June 3 at 11:30 a.m. The cost is \$175 and includes all meals and private, overnight accommodations. For more information, visit Malvern's Web site, www.malvernretreat.com or call 610-644-0400.