

*Re-energize*

**W**hen you need time for yourself for a few hours or a day, you are welcome at River House.

Re-energize yourself with some quiet time by the river or in one of our spacious reflection rooms.

Let the refreshing quiet embrace you like a peaceful presence that lifts you up and renews your spirit. Become reconnected to God and to yourself.

River House offers this daytime getaway at no charge. Simply call 734-240-5494 to check on availability.

Also available:

- /// Overnight Accommodations
- /// Spiritual Direction
- /// Group Use of Facilities

*Contact us for more information on fees and reservations.*

### **River House-IHM Spirituality Center**

805 W. Elm Ave.  
Monroe, MI 48162

Phone: 734-240-5494

Fax: 734-240-5495

Email: [riverhouse@ihmsisters.org](mailto:riverhouse@ihmsisters.org)

Website: [ihmsisters.org/spirituality](http://ihmsisters.org/spirituality)



*A Day  
Away*

River House  
IHM Spirituality Center

*Do you need time for . . .*

Quiet

Prayer

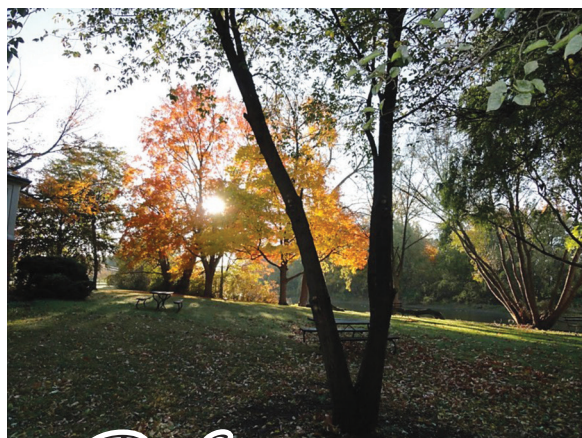
Solitude

Reflection

Nature

Enrichment

Spiritual Refreshment



*Reflection*



## *Getaway Ideas*

### *For a shorter break, try one of these*

- Pack a lunch and make use of the picnic tables behind River House to enjoy the calming sounds of the River Raisin.
- Park on the Motherhouse grounds and walk the Labyrinth; use the guide provided.
- Stretch your legs with a vigorous walk for 15 minutes, breathing deeply. Then slow your pace, feel the ground beneath each step, open your ears to listen to the sounds around you.

### *To provide a longer gift to yourself and your inner spirit*

- Choose a morning and open your day with a nature encounter. Dress for the weather; open your eyes and explore the sights and sounds of the Motherhouse grounds.
- Stop by River House for a leisurely cup of coffee or tea as you ponder a passage from a spiritual book or magazine; there are many provided.
- Sit on the screened-in porch and do some journaling or simply listen to the steady flow of the River Raisin.

### *When you have some time to explore*

- Borrow an audio tour from River House office. This individual MP3 player will guide you on a tour of the campus. Choose from among the many menu options to learn a bit more about features of the IHM Campus.
- Take along a self-guided campus map and build your own adventure.
- Ask to talk with one of the River House staff. Share your thoughts about life, about God, about your dreams or concerns. Learn about spiritual direction; consider giving yourself this gift.