

Prayer to the Holy Spirit



Come Holy Spirit, fill the hearts of the faithful and kindle in us the fire of Your love. Send forth Your spirit and we shall be created, and You shall renew the face of the earth.

O'God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy Your consolations through Christ our Lord.

Amen

Nestled in the beautiful hills of western Maryland, the Credo retreats are currently held in Jefferson, Maryland, just outside of Frederick



Contact information West Virginia/Maryland Credo

Men's Retreat

Woman's Retreat

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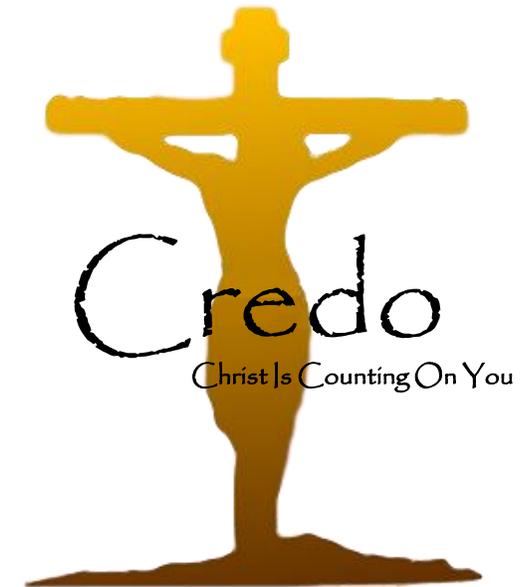
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West Virginia/Maryland Credo

An Encounter with
Spirituality



About the Credo Ministry

What is Credo

A literal translation of “credo” is ‘came to believe’. Credo is a weekend retreat beginning on Thursday evening and running through to Sunday evening. The purpose of the retreat is to lead those who are recovering from alcohol/drug addictions and other brokenness to the point in their lives where they can understand the importance of spirituality for daily living, and particularly in recovery.

Who Should Go?

Credo is open to all adult men and women who are serious about their recovery. Each participant should be seeking to develop his or her spirituality. Men and women attend separate retreats, allowing each group to focus on issues of spirituality specific to each gender.

Who Runs the Credo Retreats

Credo retreats are run by lay people who are in recovery. Clergy are often invited to discuss some of the finer points of spirituality, but almost all of the talks given are done so by men and women who, at some point in their lives, have made a positive third step. Those who attend the retreats are anonymous as to their professions and background. Counselors are not ‘counselors’ during the retreat, they are men or women who have come to an awakening of God’s presence.

This is the role of all men and women who are team members. It is a firm belief of Credo that it is God who puts on the retreat and ultimately designs its outcome. The desire to serve God by sharing with others our personal experience with Him in our lives helps us to keep our egos out of the way in this endeavor.

What Happens During the Retreat?

Those attending a Credo retreat hear talks concerning God and spiritual matters. Unlike some of the other recovery retreats, most of the talks are written and delivered by lay people; those who have been through the depths of addiction or recovery from some form of brokenness and have come to believe that there is a power greater than themselves. Those who give the talks are not professional speakers and that is what makes a Credo retreat so special. Although the retreats are busy, there is always time for quiet, personal reflection. Throughout the three days, there are periods when participants desire moments to put what they are feeling into perspective. What happens during the retreat is sharing, learning, praying, eating, laughing and some tears. The outcome of the Credo experience is a close walk with God through a better understanding in the third of the twelve steps.

What Should I Bring?

Attire for the retreat is informal – comfortable clothing is essential. If you need to bring bedding or such, you will be told. Some retreat facilities supply those items while others do not. If you cannot sleep without your special pillow, be sure to bring it along. You should bring a towel, washcloth, soap, shampoo, etc. If you require special medicines, be sure you pack them. One should always bring a healthy appetite to the retreat. Everything is prepared with love. Should you have special dietary needs such as diabetes, etc., please let us know and we’ll be sure to take care of them. Food and love are in abundance at the retreats.

Please do not plan to bring a cell phone, CD player, headset or other media devices which may distract from the focus of the retreat – we promise they will not be overly missed.

