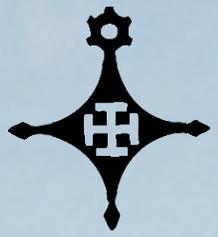


Goum Trek

Wyoming

July 19-27, 2019



Led by Stéphane de Saint Albin and Fr Bill Hill, pastor of Rock Springs, WY

Disconnect
from the virtual world

to Reconnect
with yourself, God and others

Ever felt that life is running too fast, and that you're not really in control?
When was the last time you stopped to breathe and think?
Are these endless hours on Facebook connecting you to what is essential?
Are you ready to break free from your smartphone for a week?

This is your personal invitation to disconnect from everything that enslaves you: addictions (food, tobacco, alcohol, social networks), worries about time and money, the comfort of your air-conditioned life, regrets about the past, concerns about the future.

Disconnect for a week, and reconnect with what really matters:

- yourself,
- God, your creator,
- Your neighbor, like never before

If you are a young professional, a college student or a young adult above 20 years old, and still don't know what to do with your life, **come and join us!**

If you thirst for freedom and truth, **come and join us!**

If you are ready for an adventure, walking the slow pace of Goum trekkers, **come and join us!**

Ready to join?

Contact Stéphane at sdesaintalbin@yahoo.com

or Fr Bill at

bhill@theholyspiritparish.com



What is 'Goum'?

An informal community of trekkers. Since 1970, we are taking young adults to the desert, in France, Italy, Spain, Morocco, the Holy Land, Mexico and Wyoming. We seek to regain our freedom and unity by escaping urban life and walking God's beautiful nature for a week. We are Catholics, a priest walks with us, but we welcome people from any faith. Look for more details on www.goum.org

Our daily program:



Meditation on the scripture



Mass



Walking 12 to 15 miles



Serving others as Christ served his disciples



Sleeping under the stars