

My Cornerstone Retreat Experience

By Daniel Politi

This past January I attended my first Cornerstone retreat with other men from our parish. The retreat was held at Notre Dame Church in Cedar Knolls. By attending this retreat, I feel we shared an amazing experience.

Some of the returning Cornerstone Brothers gave talks to the group on how our Catholic Religion has enriched their faith and helped them through life's many challenges. Challenges which we all might face at times but some much harder than others. It reminds us to support as many people as we can that pass through our lives, as we may not know their personal life stories and how much they might need our support.

A nice gift that we received near the end of the retreat was a pack of letters, cards, pictures and notes of encouragement and support from our family members and friends. It reinforced what we experienced and spoke about, in regards to our faith and our love of family.

I believe Cornerstone would be a great experience for anyone. Even if you attend it only once and shared with friends and family what you came away with, that itself would be spreading Gods word. It will give you an understanding of how our faith is so very strong in so many Catholics. You will come away with a new outlook on our faith and on the lives of all those around us.