

Do you need a spiritual makeover? Would you like to discover Jesus in your life?

*Philip found Nathanael and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see."
- John 1:45-46*

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Encountering Christ Loving Christ Following Christ

These three actions could describe the whole of a Christian's life, but how many of us are not doing them or some part of them well? Join us for a retreat to examine your spiritual life and find what may be holding you back from the fullness of joy that is living in Christ.

Encountering Christ – Many people have met Jesus Christ and he has changed their lives completely. We will focus on prayer – one of the most important places we meet Christ. How do we pray? How do we know we are praying? What are the pitfalls to avoid in prayer? In this first part of the retreat we will offer a kind of prayer workshop to help us pray better.

Loving Christ – We marvel at the lives of the saints – people who have fallen deeply in love with Christ. How deep is my love for Christ? What do I need to do in order to fall more deeply in love with Him? This second part of the retreat will be in silence. We will use some of the skills we learned for prayer in the first part of the retreat to pray meditations that will help us hear what Jesus is trying to say to us.

Following Christ – As Christians, people who have encountered Christ and fallen deeply in love with him, a big part of our daily struggle is to follow him. How should I follow him? What is it that he wants me to do? Following the silent part of the retreat, we will have an opportunity to think about what we have learned in prayer and form a 'program of life' a plan of action detailing how I will try to follow Jesus. We will put this plan together with the help of spiritual guides who will be there to answer questions and give you individual attention as you put your own plan together.

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During the retreat we will also have daily mass and opportunities for confession.

Silence – The second part of the retreat will be in silence to help us better hear the voice of God. Silence will be practiced from about lunchtime on Saturday until breakfast on Sunday.