



ANNUAL SPRING RETREAT 2024

Reflections of Love – Ignatian Spirituality How to Pray using Scripture



Bishop Mary with our diocesan Spiritual Directors
at Le sanctuaire Vita Nova, Montréal

Date: Friday, May 3 (5:00 pm) to Sunday May 5, 2024 (1:30 pm, after lunch)

Location: Manoir d'Youville, Châteauguay (Québec) J6J 5T9 – for information, visit <https://manoirdyouville.ca>

What is Ignatian Spirituality?

It is ***Spirituality for everyday life***, which insists that God is present everywhere in our world, and active in our daily lives. It is a pathway to deeper prayer, good decisions guided by keen discernment, and an active life of service to others.

“Prayer with Scripture is indeed meeting an awesome, wonderful, good God. It is a gift of Grace. Prayer does teach us that we are never alone. And through prayer we are transformed. Ignatius can guide us, as generations before us, that we will walk with sure steps toward the God, whose love ever calls us to new life.” (Father Timothy M. Gallagher, author of many bestselling books on the Theology and Spirituality of Saint Ignatius)

Our Leaders: This Retreat features an experienced team of some of the Spiritual Directors from our Montréal Diocese (above), including: Sally Harrington Philippo; Rev. Linda Borden-Taylor; Ven. Ralph Leavitt; Vivian Lewin; Rev. Fresia Saborio; Rev. Dr. Holly Ratcliffe; and Marilyn Wray. Within this team, there is a collective experience of over 200 years!

Why should you come?

This weekend will enfold you in a beautiful atmosphere of quiet attention which will enrich your prayer life, and deepen your relationship with the Lord. We will be guided by this team of experienced Spiritual Directors, who will help you to learn more about being aware of how God speaks to us through different *exercises*, and the experiences of *listening prayer*. Apart from hearing, teaching, and practicing various methods of prayer; you will also have opportunities for a session of private spiritual direction, which can be immensely helpful as you seek to grow closer to God, within your personal journey of faith. The Ignatian methods of prayer are grounded within some of the most encouraging passages of Scripture. Thus your knowledge of the sacred texts will be even further enhanced, using very powerful ancient methods, which help to deepen your true understanding of Jesus's Love.

The benefits of attending this retreat will extend far beyond the two days you spend participating.

By dedicating yourself to this weekend of self-reflection, mental and emotional healing, mindfulness practice, and connecting with your fellow participants, you will take your first steps on a powerful journey of further self-discovery, inner peace, and personal growth, entering into a new fellowship and community of faith.

What does Scripture say about attending a Spiritual Retreat? – To “Reflect upon Love” ...

“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.”
[Matthew 11:28]

“So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day.” [2 Corinthians 4:16]

Example Testimonials

“When I made an Ignatian retreat, it was a powerful experience. I felt that I had actually met Jesus. It was very moving. I felt that I had got to know the Son personally and, through him, the Father.”
[Edward S]

“The most important thing, what I want most and what I still struggle to accept, is that when I pray I know that I am loved. When I pray, I have more to give to others. Whatever the struggles may be, I know that prayer is the most important thing in my life.” [Richard F]

Important

- **This retreat is in person only.**
No Zoom access will be available.
- Although the plenary session is given mainly in English, questions in French are also welcome.
Breakout groups in both English and French will be offered.

To register

- **Complete the registration form (attached) and send it to us as soon as possible to reserve your place.**
There is a \$50 early-bird discount for those who register before Monday, March 11, 2024 at 11:59 pm.
- The fees include all meals, snacks, etc.
- **All lay readers are encouraged to approach their own parish leadership for financial assistance.**
Some assistance from the LRA Bursary Fund is also available.
Please visit <https://layreaders.org/documents.htm>

Questions? Issues?

Contact

Robert McLachlan (president – president@layreaders.org – 514-928-7390)
or Mark Weatherley (vice-president – vicepresident@layreaders.org – 514-710-8066)

For any questions on registration or to have a receipt,
contact Karen Birkett at karenbirkett@sympatico.ca