



PAUSE AWHILE AND KNOW THAT I AM GOD.
Psalm 46:10



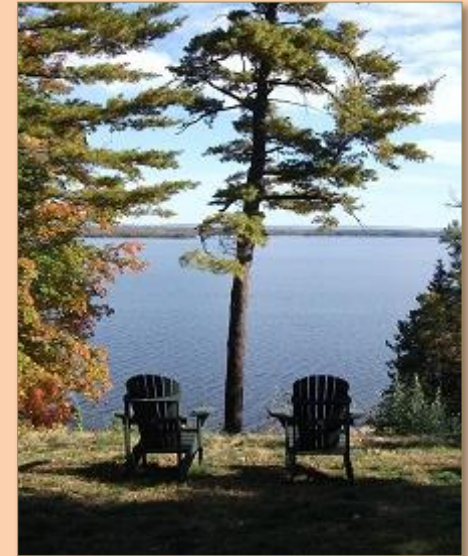
ENJOY MEALS IN SCREENED PORCH



COMMUNAL CONTEMPLATIVE PRAYER



PRIVATE ROOMS WITH SINK



**GUIDED CONTEMPLATIVE
RETREAT**

2020

Living Life to the MAXIMUM

July 20 – July 24

**Rosemary O’Toole, CSJ
Kathleen O’Keefe, CSJ**

(Limited to 14 retreatants)

**Galilee Centre
398 John St., Arnprior, Ontario, Canada.**

**613-623-4242
www.galileecentre.com
info@galileecentre.com**

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REGISTRATION FORM ... please cut off and return with your cheque deposit to Galilee Centre or register at Galilee Centre website:

I would like to participate in the Guided Contemplative Retreat at Galilee Retreat Centre from July 20 - July 24, 2020. This is a silent retreat.

Name

Address.....

Email

To reserve a room, send deposit fee of \$200.00 CDN. Make cheque payable to: Galilee Centre

Mail cheque to:

**Galilee Centre
398 John Street, N.,
Arnprior, Ontario, Canada. K7S 2P6**

MONDAY EVENING:

PRAYING AND LIVING THE MAXIMS

“Read and re-read them often with profound attention, weighing even their least words.”

1. Consider the meaning of each maxim, penetrate its depths. The words have been carefully selected to shed some new light on a Gospel truth.
2. Internalize each maxim. What is its meaning for me personally? Reflect on how I am practising its teaching now. How do I desire to practise it?
3. Externalize each maxim. How am I being drawn to live more fully this maxim in my present life circumstance? I will challenge myself.
4. Contemplate each maxim often. Spend some time in quiet prayer, listening to the Spirit who will enlighten your mind and heart, teaching you a wisdom that transcends the senses and moves you to live these truths in all your relationships.

TUESDAY CONFERENCE – Kathleen

OBEDIENCE AND FIDELITY TO GRACE

Never go ahead of grace
through imprudent eagerness
but await its moment
in peace,
and when it comes to you,
follow it
with great gentleness
and courage.
Once you have obeyed,
take care lest complacency
rob you of the fruit of your obedience.

J.P. Medaille, S.J., M.P. 6:9

WEDNESDAY CONFERENCE - Rosemary

THE GOOD USE OF TIME

Act in such a way that,
as Saint Paul exhorts us, your whole life
may be hidden with Jesus Christ in God.
That means, do everything in God and with God,
living an interior life animated
by the sovereign intentions in the mind of God
when he prescribes your actions and helps you,
by his assistance, to do them well.
Desire that in all things you may be filled,
led, animated as it were, by the Holy Spirit
who is truly the Soul of your souls
since it is from him that they have life,
through grace, and are as though deified by him.
Oh, if only you knew how to live
in the fullness of the Spirit of God in the Saviour
Jesus, what progress you would make in every
kind of virtue and merit, for all eternity!

J.P. Medaille, S.J., M.P. 14:10

THURSDAY CONFERENCE – Kathleen

CONFORMITY TO GOD'S WILL

Have only one desire throughout your life:
to be and to become
what God wants you to be
in nature,
in grace,
and in glory,
for time and eternity.

J.P. Medaille, S.J., M.P. 10:6

*Jean-Pierre Medaille, S.J. is the founder of the Sisters of
St. Joseph. His spiritual maxims are timeless.*

RETREAT BOOK RESOURCE: *Words for Life: Book One.*

FRIDAY CONFERENCE – Rosemary

PEACE OF HEART

Do not be involved in too many things at once.
If through obedience or some necessity of your
work you have numerous things to attend to,
never be eager to finish some
so that you can go on to others.

Such haste

- disturbs peace of heart;
 - causes forgetfulness of God's presence;
 - shows clearly that there is much of self mingled with the inspirations of grace.
- It shows also that nature may hinder rather than help the effects that grace would bring about in us and through us.

These would be in greater perfection and without danger to health and devotion if only we would let grace act with its ordinary gentleness.

J.P. Medaille, S.J., M.P. 7:4

GUIDED CONTEMPLATIVE RETREAT

\$570.00

Arrive on Monday, July 20 after lunch.

Depart after lunch on Friday, July 24.

Registration deposit now = \$200.00

Upon arrival on July 20 = \$370.00

YOUR SPIRITUAL DIRECTORS:

Sr. Kathleen and Sr. Rosemary will be your spiritual guides throughout the retreat. Each morning we gather for silent contemplative prayer followed by a short spiritual conference. Daily spiritual direction is available. Eucharist is celebrated at 4:15 p.m. Adoration of the Blessed Sacrament is at 7:00 p.m. All meals are in silence. We trust the interiority and communion that just happens in our contemplative retreats.