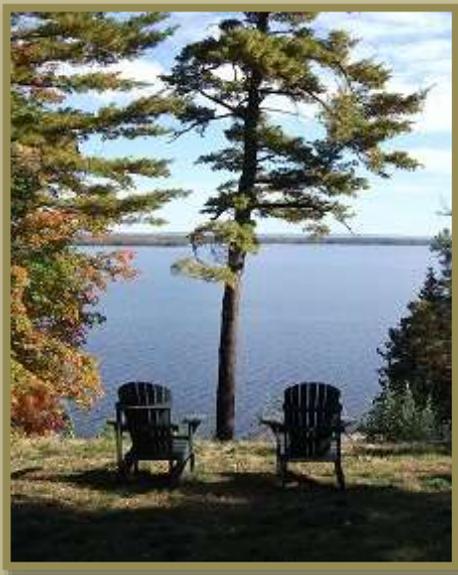


PAUSE AWHILE AND KNOW THAT I AM GOD.

Psalm 46:10



ENJOY MEALS IN SCREENED PORCH



COMMUNAL CONTEMPLATIVE PRAYER



PRIVATE ROOMS WITH SINK



"Don't push the river; it flows by itself."

GUIDED CONTEMPLATIVE RETREAT

2018

August 13 – August 17

Rosemary O'Toole, CSJ (Canada)
Monica Hartnett, CSJ (London, U.K.)

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.

I would like to participate in the Guided Contemplative Retreat at Galilee Retreat Centre from August 13 - August 17, 2018.

Name

Address.....

.....

.....

Email

To reserve a room, send deposit fee of \$200.00

Cdn. Make cheque payable to: Galilee Centre

Mail to: Galilee Centre

398 John Street, N.,

Arnprior, Ontario. Canada. K7S 2P6

FACING AND LIVING WITH MY PRESENT MOMENT

The contemplative emergence seems to come into consciousness through silence and solitude.

Be still for once. Don't try to think of so many complex and varied things. Give deeper realities of the spirit a chance now to rise to the surface: silence, fear, the ineffable longing for the truth, for love, for fellowship, for God. Face loneliness, fear, and imminent death! Allow such ultimate, basic human experiences to come first. Don't go talking about them, making up theories about them, but simply endure the basic experiences.

- Karl Rahner, SJ, *Experiencing God*

How do we know when we're pushing or forcing something to happen in our lives and when we are letting it go, letting it be and allowing? Along with allowing and accepting, we need to TRUST THE PROCESS. We trust the river to flow the way it is meant to flow. Surface waters can become turbulent but the current flows in one direction. So, we also must trust the spiritualization process of our individual life situations. Learn to allow new directions to be, to flow, to guide you.

PRACTICE not pushing, not trying too hard, not trying to change people, events, things. Then, we are allowing. This creates a freedom and feeling of inner contentment with 'what is' right now!

MEDITATION: As we quietly spend time sitting by the banks of the Ottawa and Madawaska rivers watching them flow, we can learn life lessons and comprehend mysteries that are often beyond words. Simply marvel at your progress daily and know that you don't have to exert effort beyond being present to the 'matter of the moment.' Yes, be still and KNOW that I AM GOD. I love you.

GOD WITHIN ME IS GUIDING MY LIFE

That is when we find God and a wisdom that guides and directs our life journeys. Divine Grace operates within our human nature and over time, and with awareness, we experience being 'in the flow' ...in the current of God's love loving through us. What a transformation! If we keep resonating and responding to the things we are doing to get towards our deepest desire, then we can rest content and be grateful with all that is unfolding in its own time.

*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.*

- Jean-Pierre Medaille, SJ, *Maxim of Love 6:9*

This 5 day retreat is ideal for someone seeking an extended period of time to be away from their usual routines and responsibilities to reflect on and deepen their relationship with God and self. Simply, be still, be listening and be loving.

Treat yourself to the experience of 'community' in an unstructured atmosphere of shared silence and solitude, enjoying the mystery of God's beholding love for YOU.

Sr. Monica 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 available for those who wish. Eucharist will be celebrated at 4:00 p.m. and Adoration of the Blessed Sacrament in the evenings. We trust the interiority and communion that just happens in our contemplative retreats.

Book Resource: *The 8-Fold Path of A Spiritual Life*

ALL IS WELL WITH MY SOUL ... and MY LIFE

Silence. Stillness. Solitude. These qualities seem in short supply in our culture today. Yet at some level we know - and many spiritual teachers remind us - that quiet is absolutely necessary for us to know who we are and who God is.

The peace of solitude is necessary in order to experience a full life. All of us need enough silence and solitude in our lives to enable the deep inner voice of our own true self to be heard.

- Thomas Merton, Trappist monk, *Seeds of Contemplation*

Over the years, we have loved the sacred space here at Galilee Centre with its old growth forests and proximity to the Ottawa and Madawaska Rivers. Warm hospitality awaits you at Galilee Centre where we enjoy healthy, wholesome, chef-cooked meals often in the screened porch. Comfortable rooms to rest in and find solitude. Visit the chapel on the second floor at any time.

*Peace is flowing like a river,
flowing out of you and me,
flowing out into the desert/city,
setting all the captives/My People free.*

GUIDED CONTEMPLATIVE RETREAT

\$450.00 Cdn.

**Arrive on Monday, August 13 after lunch
Depart after lunch on Friday, August 17
Registration deposit now = \$200.00 Cdn.
Upon arrival on August 13 = \$250.00 Cdn.**

*Galilee Centre is 50 minutes from the Ottawa Airport.
For information regarding airport or train station pickup, please contact Ottawa Shuttle Service for pricing at 613-680-3313 or www.ottawashuttleservice.com/rates*