



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

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REGISTRATION FORM ... please cut off and return with your \$200.00 cheque to Galilee Centre or ...complete the online registration form and make payment at Galilee Centre website:

I would like to participate in the ONLINE Guided Contemplative Retreat from July 19 - July 23, 2021.
Name
Address.....
.....
Email

Make cheque payable to: Galilee Centre.

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

www.galileecentre.com
info@galileecentre.com

HEART-TO-HEART
CONVERSATIONS ON ZOOM

Stay in your own home and set aside a few summer days for quiet and leisurely reflection.

OUR GUIDED CONTEMPLATIVE RETREAT

- 9:00 Communal Morning Prayer (Zoom)
- 9:30 Spiritual Conference (Zoom)
- 10:00 - 12:00 Individual Direction visits (Zoom)
- 12:00 Lunch at home
- 1:00 - 3:00 Individual Direction visits
- 4:00 - 4:30 Communal Eucharist (YouTube)
- 5:00 – 6:00 Individual Direction visits (Zoom)
- 6:00 Supper at home
- 8:00 Communal Evening Prayer (Zoom)

Your spiritual director will send you a personal ZOOM link daily for your private spiritual direction visit.

This retreat will use Zoom. You will need to have the Zoom app downloaded on your computer. Daily Zoom invite links will be sent to your email for all the communal events.



GUIDED CONTEMPLATIVE
ONLINE RETREAT

2021

Living Life to the MAXIMUM

July 19 – July 23

Rosemary O'Toole, CSJ
Kathleen O'Keefe, CSJ
Susan Glaab, CSJ

Galilee Centre
398 John St., Arnprior, Ontario, Canada.
613-623-4242
www.galileecentre.com

ORIENTATION TO AT-HOME RETREAT:

- **The Team of Spiritual Directors**

MONDAY CONFERENCE: Sr. Rosemary 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. Grow in great Love!

TUESDAY CONFERENCE – Sr. Kathy 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.*

WEDNESDAY CONFERENCE – Sr. Susan 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

THURSDAY CONFERENCE - Sr. Kathy 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

FRIDAY CONFERENCE – Sr. 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

\$200.00 CDN

Starts Monday at 9:00 a.m.
Ends Friday at 12:00 noon.

Register early.
Limited to 15 retreatants.

YOUR SPIRITUAL DIRECTORS:

Three Sisters of St. Joseph will be your spiritual guides throughout this online retreat. Each morning at 9:00 we will gather on Zoom for communal, silent contemplative prayer followed by a spiritual conference. Your four spiritual direction visits will be private on Zoom. Daily Eucharist will be via Zoom (YouTube) at 4:00 p.m. Each evening we gather on Zoom for communal prayer at 8:00 p.m.