



# retreat day

## timeline

- 7.30-8.45  
breakfast
- 9.00-9.45  
morning prayer / adoration in Main Chapel
- 10-10.45  
emmaus moment 1 - optional
- 12.30-1.00  
emmaus moment 2 - optional
- 1.00 - 2.00  
lunch in silence
- 3.30-4.00  
emmaus moment 3 - optional
- 5.00 - 6.00  
Eucharist in Main Chapel

## For your discernment:

Across the regions and in different languages we have different ways of trying to name this essential issue, fundamental call, central invitation, key theme ...

We are hoping to begin with our day of retreat and clarify throughout this week our shared thought and understanding of this crucial aspect of our lives - that aspect that will enable us to discover and develop new hearts for a new world.

In your time with God can you move to identify what is the call or invitation, or the aspect of our lives where we are being invited to conversion so as to be a more authentic expression of our charism.

Mary says "Let it be done" - what for you would describe this "it".

## The aims for this day

- We hope this day would be a restful day as well as a day of prayer, reflection and discernment.
- We hope it would be an enjoyable day with a slower and easy pace.
- We would encourage all to take time to be rested in body and mind to enable each of us to be centred. There will be a general silence throughout the house and we would encourage all to strive for lengthy periods of inner-stillness.
- To assist us in maintaining our inner stillness during the midday meal there will be music played in the dining room. Also the meal may be taken at any time from 1.00-2.00pm. Some may like to fast during this day and if this is your choice could you make sure you indicate this on the meal sheets in sala Champagnat.

We hope that at the end of this retreat day each one will be able to name two key areas that the Chapter needs to take up in deep thought and dialogue so that we can best attend to God's invitations to us as Marist Brothers and Marist Lay at this time in our history.

## Resources for the day

- Regional letters
- General Council report and conclusion
- Br Sean's opening address
- personal reflection and Regional group discussion on Regional letters
- Your letter you placed in the heart of the Lotus
- Visits to surrounding communities
- Exhibition and Presentation

This is an important day in our process. It is a chance for each of us to take time to pay attention to all that has been happening in us. All that we have been thinking, feeling, hoping and fearing. It is a chance for us to try to sift through this and identify the places where God is inviting us to go. Especially in our discernment it is a chance for us to test our thinking and feeling with God and to listen for God's urgings in our reflections.

We encourage you to take some time for caring for your physical health through your day of retreat. For some it may be assisted by a run or a walk in the morning, for others a walk or run later in the day.

Whatever will assist you to be in a good place to spend time with God.

We would invite you at some point early in your day to take a few moments for a time of personal gratitude to God

- for the gift of this day
- for the gift of this earth
- for the gift of Life
- for the gift of our brother and sisterhood
- for the gift of our vocation
- for the gift of our families and friends
- for the gift of our differences and the challenges it brings
- for the gift of this time of General Chapter in the life of our Institute

This is your retreat day and we encourage people to participate in those parts that will assist them in their prayer, reflection and discernment.

The whole group will begin and conclude the day of retreat together. We will begin with morning prayer in the main chapel. This will include a time of adoration in a Taize-style of prayer. We will conclude with Eucharist.

During the day you might like to use a small group sharing as part of your preparation for discernment. If so you could form a small group of three and agree upon the place you shall meet. We offer below three moments for this small group sharing in the form of Emmaus moments.

### Emmaus moment 1

- in a three with people you don't know so well but with whom you can manage languages
- sharing on moment(s) from your own life where you were surprised by God's goodness (providence)
- Share how you were able to move to a deep trust

### Emmaus moment 2

- in the same three as before
- Sharing the questions and concerns you are holding as we enter this main time of chapter
- sharing on the stance that our faith invites us to in the face of these moments
- sharing on how 'in the way of Mary' invites us to enter into these moments

### Emmaus moment 3

- in the same three as before
- Take some moments together for Marial prayer in the form of the Rosary
- Share about your discernment so far:
  - Perhaps you could speak of two key areas you believe the Chapter must take up in

deep discussion and dialogue if we are to develop new hearts for a new world

- Or you might like to speak of the fundamental call or invitation that you believe God is offering us at this time in our history
- Or perhaps you find there are two questions you believe we must take up so as to be true to our Charism in this new world
- Share your feelings about what you share and hear from others in your small group
- Offer a prayer of gratitude for God's goodness in our discernment and sharing

### In preparation for our Eucharist

- Each one is to write two questions that are at the heart of the ideas at the end of their discernment
- These can be written on colour cards that will be available at the door of the main chapel after the midday meal
- It would be helpful if you could write with a thick marker
- As we enter the chapel it would be good to sit in a part of the chapel where you could share your thoughts after our readings

