

LENTEN SILENT RETREAT

Monday 2nd March – Friday 6th March 2020

IMPORTANT NOTES:

Please confirm your attendance as soon as possible.

Please pay for the full cost of accommodation etc. no later than Monday 17th February 2020 as we have to pay the conference centre then for the numbers attending.

If you have any queries or problems regarding the retreat please contact Sue Russell on Phone (02) 4787 1642; mobile 0411 108 771. Email: suzannepatricia@ozemail.com.au.

NOTE: Sue Russell will be the contact person if necessary and will receive all the forms. If urgent need to contact Fr Rowe, email him: latinmasschaplaincywa@iinet.net.au or (08) 9444 9604. Otherwise phone Sue Russell.

Notes for the Retreat:

If anyone wishes to see Fr for any spiritual matter arising from the retreat please make a time. One does not have to see Fr they need only do so if they have some matter they wish to discuss.

You are encouraged to make one good confession sometime during the retreat. Confessions are scheduled daily.

The retreat is to be conducted in complete silence at all times, during meals, and throughout the day. Tapes by Archbishop F.J. Sheen and others will be played at breakfast, lunch and dinner. Retreatants should make a personal commitment to making the retreat in complete silence to obtain the best spiritual benefits of the retreat and to respect the rules of the silent retreat so that others are not distracted.

Attendance at the Divine Office is optional, that is, if one is occupied somewhere else with the Spiritual Exercises for example, one does not have to interrupt one's prayer time.

There is plenty of free time in the programme to enable participants to have time to reflect, pray and do the Spiritual Exercises. This time can be spent in any way the retreatant wishes but in silence. This time may be spent praying, reading, walking or resting etc. The accommodation venue has a nice garden area.

Morning, afternoon tea, and supper may be taken at the times advertised in the program or in close proximity to those times.

If anyone has any queries during the retreat see Fr Michael Rowe; do not disturb others who are making the retreat.

If spoken to by another person (e.g. **someone who is not on the retreat**), one can briefly and respectfully answer, as it would be uncharitable to be rude. One should not however, hold a long conversation with them **and one should not talk to other retreatants**. Silence is part of the retreat and should be observed at all times when taking a lift between venues. Also there is **no need to make signs or gestures of greeting to other retreatants during the retreat as it is conducted in silence**. People are alone with God and that is what is supposed to be occurring during the retreat.