

Session 1
Introduction
7:10 pm to 8:30 pm

Books orders will be taken this weekend for discounted, personalized books. Ordered books will be shipped to you in early February. I accept credit cards/cash/checks/Venmo.

**Nurturing Your Heart,
Mind, Body, and Soul**

San Richard Ladies Retreat
January 24-26, 2020

Saints in the Making!

- Newest Saints
- Baby Saints
- Serving Saints
- Sister Saints
- Insane Saints
- Singularly Sensational Saints
- Senior Saints



Let's be friends!

@LisaHendey or lisahendey@gmail.com

This is **YOUR** Retreat!

Sessions & Silence
Breaks & Fellowship
Small Group Discussions

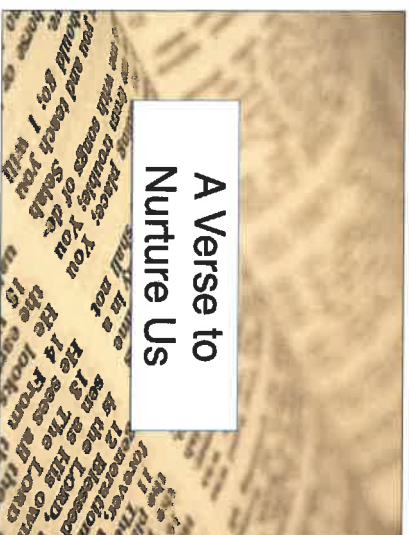
Private Reflection Time

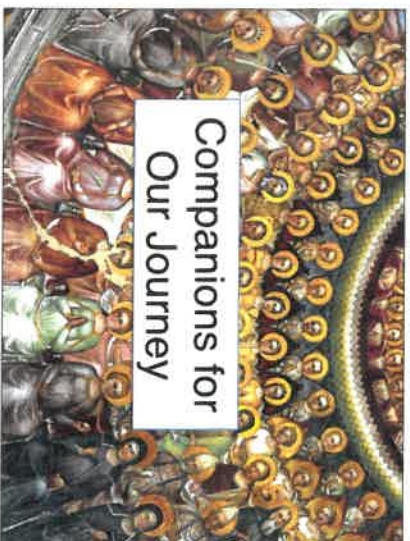
What are my primary goals, hopes, desires and prayers for this retreat?

A Verse to Nurture Us

"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."

Philippians 4:6-7





Companions for Our Journey

Thanks be to thee, my Lord
Jesus Christ,
For all the benefits thou hast
won for me,
For all the pains and insults thou
hast borne for me,
O most merciful Redeemer,
Friend, and Brother,
May I know thee more clearly,
Love thee more dearly,
And follow thee more nearly:
For ever and ever.



St. Richard of Chichester

Always be ready to give an
explanation to anyone who asks
you for a reason for your hope...
(1 Peter 3:15)

As each one has received a gift,
use it to serve one another as
good stewards of God's varied
graces. (1 Peter 4:10)

Cast all your worries upon him
because he cares for you. (1
Peter 5:7)



Patron of Deceases of Alcohol

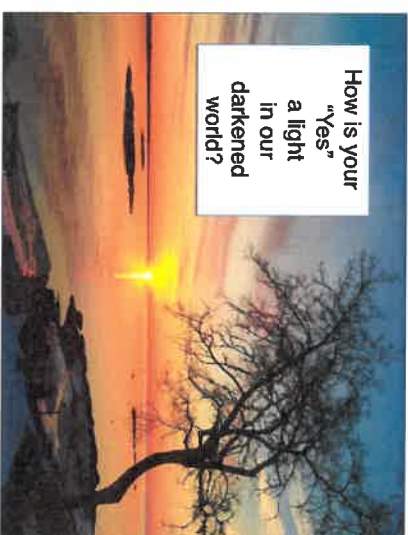
Nurturing Ourselves

- Heart
- Mind and Body
- Soul
- Nurturing Our World - We are senti!



Eight Virtues for Generous Living

How is your
"Yes"
a light
in our
darkened
world?



Mary said,
"Behold, I am the
handmaid of the Lord."
*May it be done to me
according to your word.*"

Luke 1:38



Radical Openness, Unfailing Generosity, Daily Renewal...



Putting Faith First



The Domestic Church

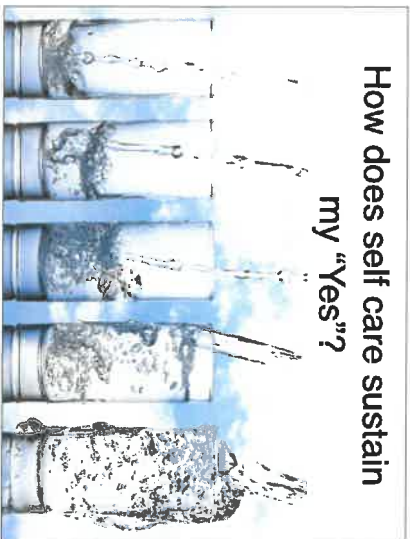
"The Church is a family of families, constantly enriched by the lives of all those domestic churches." *Amoris Laetitia #27*

"The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called 'the domestic church', a community of grace and prayer, a school of human virtues and of Christian Charity." *Catechism of the Catholic Church # 1656*



When did I first give my personal "Yes" to belief?

How does self care sustain my "Yes"?



When It's Hard





The spirit of the Lord God is upon me,
because the Lord has anointed me;
He has sent me to bring good news to the afflicted,
to bind up the brokenhearted,
To proclaim liberty to the captives,
release to the prisoners,
To announce a year of favor from the Lord
and a day of vindication by our God;
To comfort all who mourn;
to place on those who mourn in Zion
a diadem instead of ashes,
To give them oil of gladness instead of mourning,
a glorious mantle instead of a faint spirit
Isaiah 61:1-3

When It's Hard

- Interfaith marriages
- Single parenting
- Care of elders
- When they stray



Love is patient, love is kind, it is
not jealous, [love] is not
pompous, it is not inflated, it is not
rude, it does not seek its own
interests, it is not quick-tempered,
it does not brood over injury, it
does not rejoice over wrongdoing
but rejoices with the truth, it bears
all things, believes all things,
hopes all things, endures all
things. Love never fails.
1 Corinthians 13:4-8

Let's Talk!

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be shipped to you in early
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Night Prayer

O God, come to our aid.
O Lord, make haste to help us.
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen. Alleluia.

Lord, you are in our midst, we are called by your name.
Do not desert us, O Lord our God!

Silent Examination of Conscience

Short Reading (Jeremiah 14:9)

Into your hands, Lord, I commend my spirit.
— Into your hands, Lord, I commend my spirit.
You have redeemed us, Lord God of truth.
— Into your hands, Lord, I commend my spirit.
Glory be to the Father and to the Son and to the Holy
Spirit.
— Into your hands, Lord, I commend my spirit.

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

Now, Master, you let your servant go in peace.

You have fulfilled your promise.
My own eyes have seen your salvation,
which you have prepared in the sight of all peoples.
A light to bring the Gentiles from darkness:
the glory of your people Israel.

Glory be to the Father and to the Son
and to the Holy Spirit, as it was in the beginning,
is now, and ever shall be, world without end. Amen.

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

Let us pray.
Give us grace, almighty God,
so to unite ourselves in faith with your only Son,
who underwent death and lay buried in the tomb,
that we may rise again in newness of life with him,
who lives and reigns for ever and ever.
Amen.

The Lord grant us a quiet night and a perfect end.
Amen.

Session 2
Heart
9:00 am to 10:30 am

San Richard Ladliss Retreat
January 24-26, 2020

Nurturing Our Hearts

Morning Offering

Oh Jesus, through the Immaculate Heart of Mary, I offer You the prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the intentions of the Holy Father. Amen.

Allegiance Prayer

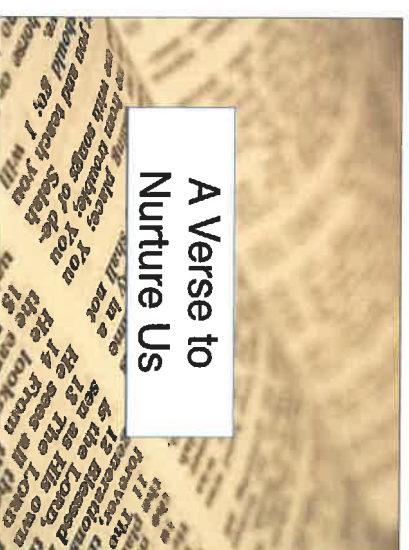
Dear God in Heaven, I pledge my allegiance to You. I give You my life, my work and my heart. In turn, give me the grace of obeying You every direction to the fullest possible extent. Amen.

Prayer for the Holy Father

Blessed Mother of Jesus, protect our Holy Father, Francis, and bless his intentions.



A Verse to Nurture Us



There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love. We love because he first loved us.

1 John 4:18-19

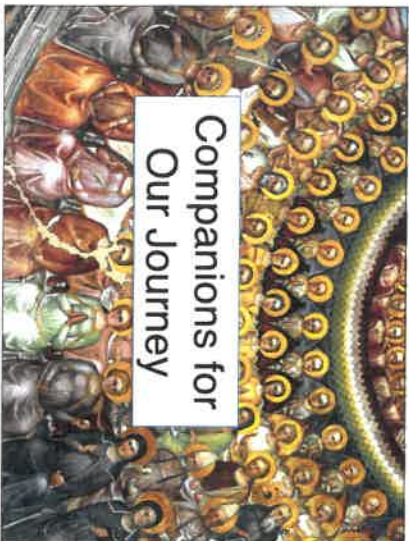


"Come after me, and I will make you fishers of men."

Matthew 4:12-23



Companions for Our Journey



Generativity

"a concern for people besides self and family that usually develops during middle age; especially: a need to nurture and guide younger people and contribute to the next generation..."

Merriam-Webster



St. Paul, Apostle

Owe nothing to anyone, except to love one another, for the one who loves another has fulfilled the law. Romans 13:8

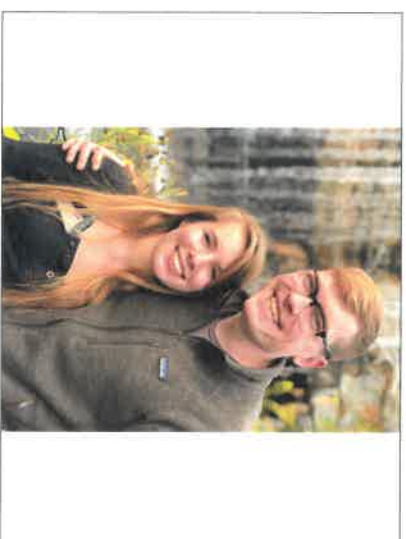


WITTM?

"the concern in establishing and guiding the next generation"

Erik Erickson





Never leave one
good party in search
of another...

Bending so
we don't
break...



List 3 People
You Truly Love

1. _____
2. _____
3. _____



Why do you love
them?



"You complete me..."

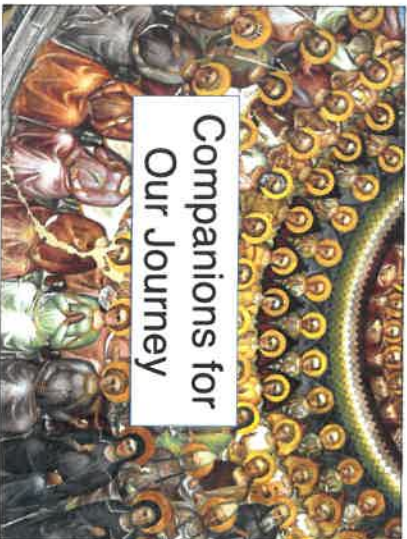


Agape Love

- ☑ Am I a constant emotional companion for the one I love, or am I simply present to my loved one when it is convenient for me?
- ☑ Am I willing to stand with my loved one in their moment of greatest need?
- ☑ Does my heart leap at the sight of my loved one in recognition of God's presence within them?



Companions for Our Journey



Feminine Genius

Receptivity

Sensitivity

Generosity

Maternity

Feminine Genius:

Receptivity

"Like Mary, all women are called to be a "genius" of **receptivity**—biologically, emotionally, and spiritually. Women's bodies are created to receive new life, but in order to be fully feminine, women's hearts and spirits must be receptive also."

Source: <https://www.catholic.com/magazine/online-edition/feminine-genius>

Feminine Genius: Sensitivity

"A woman's receptive nature is at the heart of her **sensitivity**. Having the capacity to welcome life within her own body makes her ever alert to the inner life of others."

Source: <https://www.catholic.com/magazine/online-edition/feminine-genius>

"One cannot love without suffering or suffer without loving"



"One cannot love without suffering or suffer without loving"

