



"On the question of relating to our fellowman – our neighbor's spiritual need transcends every commandment. Everything else we do is a means to an end. But love is an end already, since God is love."

Feminine Genius: Generosity

"Generosity makes a woman available for the needs of her community and her profession — needs that go far beyond operational efficiency."

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



"Without love, deeds, even the most brilliant, count as nothing."

St. Therese of Lisieux

Feminine Genius: Maternity

"Women exercise "an affective, cultural, and spiritual **motherhood**, which has inestimable value for the development of individuals and the future of society."

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



"I have found it a paradox, that if you love until it hurts, there can be no more hurt, only more love."

"Do It Anyway!"



The Lord has loved me so much: we must love everyone... we must be compassionate!



Love God, serve God; everything is in that.

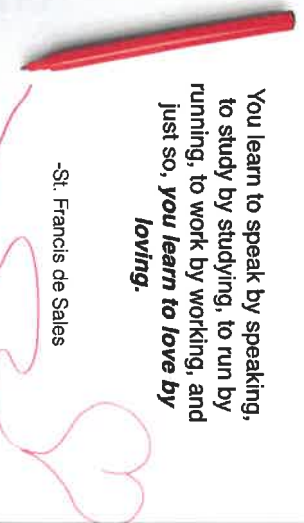


Prayer is an act of love; words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love.



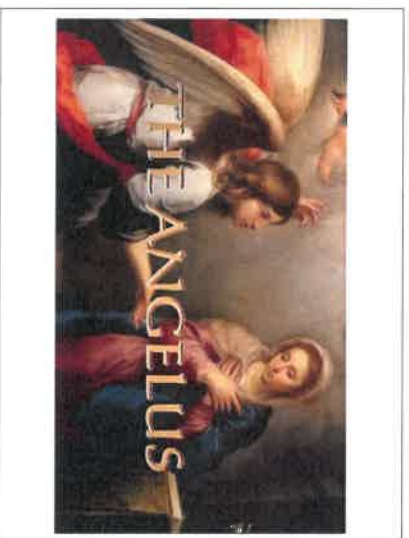
You learn to speak by speaking,
to study by studying, to run by
running, to work by working, and
just so, **you learn to love by
loving.**

-St. Francis de Sales



"Love is not a feeling, it's a decision."

Let's Talk!



The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord:
Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh:
And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God,
that we may be made worthy of the
promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O
Lord, Thy grace into our hearts;
that we, to whom the incarnation of
Christ, Thy Son, was made known
by the message of an angel, may
by His Passion and Cross be
brought to the glory of His
Resurrection, through the same
Christ Our Lord.

Amen.

Break

Session 3
Mind and Body
1:30 pm to 2:45 pm

San Richard Ladies Retreat
January 24-26, 2020

Nurturing Our Minds and Bodies

Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own?
For you have been purchased at a price.
Therefore, glorify God in your body.

1 Corinthians 6:19-20



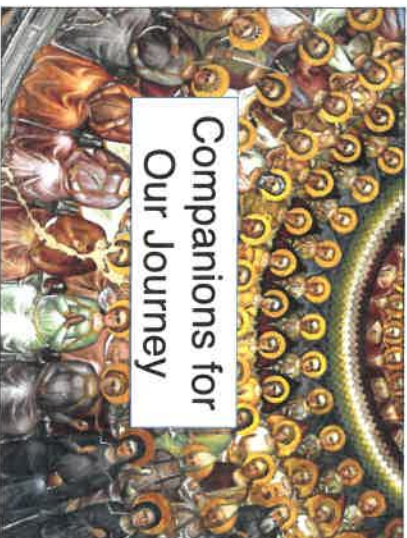
Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks
to do good.
Yours are the hands, with which he
blesses all the world,
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body,
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world.

*St. Teresa of Avila,
Pray for us!*

A Verse to Nurture Us

12 In a
13 He is the LORD
14 He sees all the
15 He looks
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Companions for Our Journey



Vocation

- What do you do?
- "Vocare" - to call
- "Without love, deeds, even the most brilliant, count as nothing"



Nurturing Ourselves through Our Work & Creativity

- Pray always for God's will to be done in and through us.
- Be grateful for every opportunity
- Ask for help and graciously accept it
- Pay attention to the small details.
- See success as a gift and grasps for it.
- Leave a legacy that doesn't self aggrandize

Trust in the LORD with all your heart,
on your own intelligence do not rely;
In all your ways be mindful of him,
and he will make straight your paths.

Proverbs 3:5-6

Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible.

*St. Francis of Assisi,
Pray for Us!*





Time Management for Catholics

Helps accomplish **God's will**
Maximizes potential for **God's glory**
Ordered towards **eternal life**

Source: *Time Management for Catholics* by Dave Durand



Prayerful Productivity

- ☑ Time Inventory
- ☑ Tools of the Trade
- ☑ Family on Board



"You can praise God by peeling a spud if you peel it to perfection. Don't compromise. Compromise is a language of the devil. Run in God's name and let the world stand back and in wonder."




Eric Liddell

Nurturing Ourselves through Creativity:

Channeling God's Imagination

Creativity is a **generous gift of ourselves** to work that opens our hearts and minds to the fullness of all God has dreamed for us.

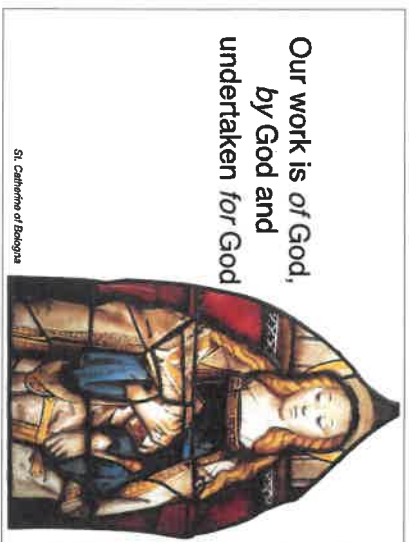
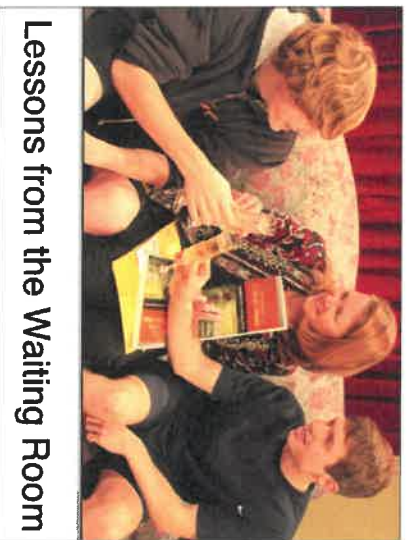
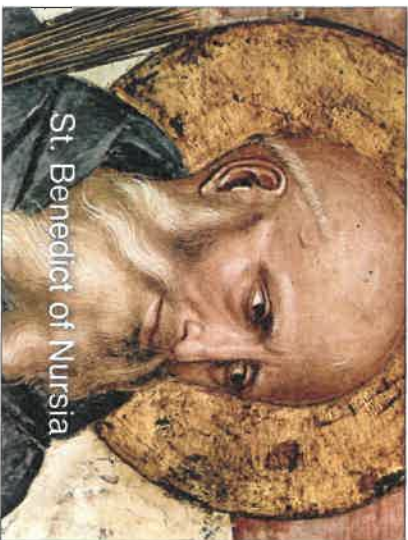


Prefer Nothing to Christ

When the believer enters into a profound relationship with God he cannot be content with living in a mediocre way, with a minimalist ethic and superficial religiosity.

Pope Benedict XVI,
July 10, 2005







First Do No Harm:

- ☑ Am I caring for loved ones, including elderly loved ones with grace and respect?
- ☑ Do I help those in need in my parish, community and world?
- ☑ Do I treat my physical body with dignity and respect?
- ☑ Do I care for my spiritual and psychological well being?



Scott Weeman - Catholic in Recovery



"At 50, everyone has the face (s)he deserves."

George Orwell



Let's Talk!

"When we go to confession, we feel a bit afraid. That happens to all of us, but we must remember that this shame is a grace that prepares us for the embrace of the Father, who always forgives and always forgives everything." Pope Francis





“To save souls we must be holy: God does not use dirty tools.”
 -Quotable Fulton J. Sheen.

Session 4
Soul
 7:30 pm to 8:45 pm

Matthew 5:48
 THEREFORE BE *Perfect*
 JUST AS YOUR
FATHER
 IN HEAVEN IS
Perfect

Matthew 5:48
 So be perfect, just as your heavenly father is perfect.

My God,
 I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

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Nurturing Our Souls

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him.

John 3:16-17

God so loved
 THE WORLD
 that he gave his
 Only Son
 who believes
 in him should not perish, but have
ETERNAL LIFE
 JOHN 3:16


Break

A Verse to Nurture Us

Companions for Our Journey

The secret of happiness is to live moment by moment and to thank God for all that he, in his goodness, sends to us day after day.

**St. Gianna Beretta Molla,
Pray for Us!**



While you are proclaiming peace with your lips, be careful to have it even more fully in your heart.

**St. Francis of Assisi,
Pray for Us!**



Nurturing Our Souls

- The Beauty of the Bible
- Prioritizing Prayer
- Mass Matters
- A Mother's Mother
- Saintry Solutions
- A Culture of Faith



The Beauty of the Bible

The preacher ought first of all to develop a **great personal familiarity** with the word of God...

Pope Francis, Evangelii Gaudium

