

## Frequent concerns

"I really do not have time."

We were created by God for only one ultimate purpose: to praise, reverence and serve Him and so doing to save our souls. If we achieve that, our life is a success; if we fail at that, all is a failure. If we cannot make time for God in a serious way by a retreat every few years, then perhaps the short time of our life is being spent for the wrong purpose.

"A week on retreat seems so long when there is so much to do."

We claim that our greatest hope is to spend eternity in heaven, knowing and loving God and resting in Him. How is it then that we cannot find five days to spend with Him now? Five days doing essentially what we hope to do in heaven, knowing, loving and resting in God? If heaven is not a waste of time, than neither is retreat.

"I am afraid of a General Confession. How will I remember all my sins?"

If many others have succeeded in this, so can we with the help of God's grace and the guidance of the priests. If others have found it most helpful in the amendment of their lives, so will we. If we still think that a General Confession is hard to face, consider facing the General Judgment, ill-prepared.

## Retreat Schedule 2018

Retreats at Ipswich (outside Brisbane):

Men: 9 - 14 April  
Women: 2 - 7 July  
Women: 24 - 29 September  
Men: 10 - 15 December

Retreats at Lysterfield, VIC, contact Stephen Nivet 0401 443 563 or [elizabeth.nivet@yahoo.com](mailto:elizabeth.nivet@yahoo.com) :

Women: 8 - 12 April  
Women: 15 - 19 October  
Men: 9 - 13 July

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**For further information please contact:  
[retreats@sspx.com.au](mailto:retreats@sspx.com.au) or  
(07) 3278 6607**

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### Ask Our Lady for the Grace of a Good Retreat

*"Put yourselves under the protection of Mary, if you want to make a good retreat. She is the mother of interior souls, she it is who distributes the secret treasures of the goodness of Jesus. May she have you enjoy them in abundance. May she obtain for you a light for yourselves, a clear, pure and bright light, capable of setting your heart on fire and inflaming your will for action."*

St Peter Julian Eymard



Society of Saint Pius X  
District of Australia



## IGNATIAN RETREAT SCHEDULE 2018

**Vital to the development of a profound Catholic life are periods of quiet peace and reflection.**

Maybe we are seeking to overcome our dominant fault; maybe we are trying to discern God's calling; maybe we are uncertain about an important decision; maybe we just need time to take a deep breath away from the hustle and bustle of daily life and contemplate the beautiful mysteries of our Faith.

A retreat is the ideal solution. It is

*'A retreat is the greatest  
of all graces'*

## Ignatian Retreats

The **Ignatian Retreat**, also known as the Spiritual Exercises, are a **gift of God's providence**, in which the powers of the soul will be *exercised* so as to be properly strengthened. We have various spiritual powers that need strengthening if they are going to be put to good use: intellect, will, imagination and memory. If many of us find prayer so difficult, especially mental prayer, perhaps it is because we are spiritually "out of shape." It is time for a retreat.

**The retreats are in silence**, meaning that outside of talking with the priests, there is no talking, except to God. **The power of silence is a lesson not easily forgotten.** It is not as hard as one might think to remain silent, with so much to do for the good of one's soul and with a structure that, from table-readings to an atmosphere of peace, encourages us towards that end.

The **Spiritual Exercises of St. Ignatius**, have as **their purpose, the conquest of self** and the regulation of one's life in such a way that no decision is made under the influence of any inordinate attachment. It will help remove the mystery from meditation, providing a clear structure, and will introduce you to all that is necessary for growth in the spiritual life.

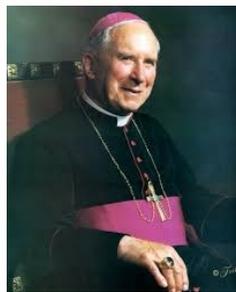
## 'When God wants to convert a soul, He gives her the grace of a retreat'

These are the profound words St Peter Julian Eymard. Ah, the grace of a retreat!

It is an opportunity to pull away from the "business" of this life and to refocus on the very *purpose* of our life, to look at the essential questions. Who is God? What am I made for? How am I to make proper use of the creatures around me?

It is a *retreat* from the noise and preoccupations of this world so as take the time necessary for looking after the peace that comes from order in the soul. We are body and soul. Both are made by God and for God. To use them for any other end is *mis-use*.

The soul is superior to the body; it is to be given its proper importance, if it is not to suffer from "mal-nutrition." If most of us ran our businesses like we run our souls, we would go bankrupt!



*"These Spiritual Exercises are a spring of blessings of God and can change deeply the Christian life and the Christian family."*

Letter of Archbishop Lefebvre, October 4, 1984

## The words of St Peter Julian Eymard...

*"The retreat offers three principal means of interior renovation.*

***First, it purifies the soul of sin, especially of the habit of sin, and attachment to sin.*** *By studying ourselves in the light of the retreat, we shall find certain habits of laziness, of negligence, of self-love, of outbursts of temper, of excesses of the tongue which are so well implanted in us that we fall into them continually, easily, at the least occasion, as if they were second nature to us. The retreat brings us a stronger light. It will discover us to ourselves.*

***The second grace of the retreat is a renewal in us of fervor.*** *The exercise and the struggles of the spiritual life wear out the strength of the soul. We must give her some rest, so that she may be reinvigorated. We are reservoirs, and not very deep at that. If we want to give to others, we must be supplied from elsewhere, at the risk of soon running dry. Start by being holy yourselves and then you may sanctify others.*

***Lastly, the enjoyment of God to an exceptional degree.*** *In these days of solitude God communicates himself to the soul with goodness, meekness and tenderness. You must enjoy God in your retreat in order to come out of it fortified and ready to return cheerfully to your daily duties. God in His tenderness must spoil you like a mother her child."*