



St. Matthias the Apostle CATHOLIC CHURCH



POUSTINIA RETREAT MARCH 15-16, 2024 LOYOLA OF THE LAKES - \$75

- Please arrive at the Loyola Retreat House at 5 pm on Friday.

We will begin with a talk by Fr. Michael at **5 pm**. Father Michael will give you instructions and directions on how to spend your time during the retreat. Then, Mass will be celebrated and retreatants will offer their cell phones at the altar. They will then proceed to their rooms after Mass in silence and wait at the opening of their doorway, and Father will bless them and any religious object they have. Confessions will be offered in the evening afterward.

At **3 pm** all retreatants will come back to St. Matthias for the **4 pm** Mass and sit together. Please do not leave early as it is disruptive not only to your own spiritual life, but to those who will be making the retreat with you.

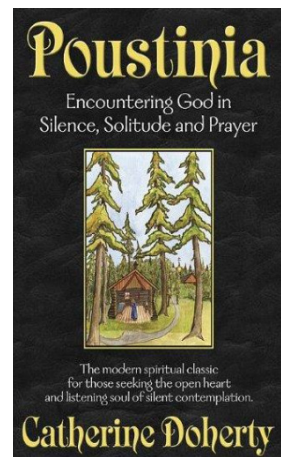
After the **4 pm** Mass there will be a dinner with faith sharing in the social hall.

- Please inform your family/friends that you will be unavailable during this time.

Please read Catherine Doherty's book *Poustinia: Encountering God in Silence, Solitude and Prayer* before you come to the retreat and we will talk about it at the dinner before you enter the time of silence.

"I will lead you into solitude and there I shall speak to your heart." - Hosea 2:14

"There is but one tragedy: not to be a saint." - Catherine Doherty



WHAT TO BRING?

- The cost of the Poustinia is \$75 per person. If you cannot afford to make this donation, please come anyway and pay what you can and the parish will provide for the rest. Please make checks out to St. Matthias.
- There will be a bed and an individual room. Sheets, pillows, and towels will be provided. Showers will also be available.
- Bring a **bible** (and no other books or spiritual reading or aids).
- A **crucifix** or a **cross**.
- An **Icon** (Not necessary but if you have one, especially of the Blessed Mother and Child).
- A **journal** and a **pen/pencil**.
- Any **prayer intentions** that you have from people.
- Any **medications** that you do need to take.
- Bring a **loaf of bread** for your fasting period.
- **Water bottle(s)** for yourself.

■ Do not bring anything else without asking Father Michael:

- No watch/clock/cell phone/tablet, etc. (Leave it in your car or at home)
- No other distractions
- No work/schoolwork/homework

■ What will be provided?

- A meal at 5 pm on Friday and a meal at the end of the retreat on Saturday.
- You will have one bedroom to yourself and most likely will stay in there except to go to the bathroom.
- Water is also available, but you can bring your own bottled water if you prefer.
- Each parishioner will be presented with a loaf of homemade bread or you can bring your own. If you are gluten free, any kind of gluten-free bread is fine.

WHAT TO EXPECT?

If I were to draw up a little list for you as a kind of road map for your first trip to the Poustinia, it would look something like this:

1. The Poustinia is a place where you are going to meet Christ in joyful solitude.
2. There is nothing to be afraid of, for Christ is perfect love, and perfect love casts out all fears.
3. The Poustinia is a prayer house which you enter to be alone with God.
4. You don't take any books with you because the only book that should be read in the Poustinia is the bible; it is there waiting for you. *(That is if you remember to bring it).*
5. The Poustinia is not only a place of rendezvous with Christ and a time for solitude and silence; it is also a time for penance. For when you lift your heart to the Lord in prayer you should, in a manner of speaking, lift both spiritual arms, of penance and prayer, as Moses did on the mountain.
6. Above all, be at peace, because you enter with Christ into his solitude and peace.