

Southdown Community Wellness Services

Virtual Spiritual Retreat

Virtual 6-Day Guided Advent Retreat

Description: “God walks among the pots and pans”, a needed reminder from Saint Teresa of Avila most especially nowadays and in pandemic time. Yes, even in the most ordinary, mundane daily responsibilities, God is present.

This Virtual 6-day Guided Retreat is a time of renewed attention and a deeper quality of listening and praying amid your day to day lived experience. Be where you are – in your home, convent or in the bustling city or at the epicenter. Find solace, nurturing silence, and contemplative spirit in the “overflowing sink of dirty pots and pans”, and experience a retreat carried on at home during daily living.

The virtual guided retreat will be led by Febe Aguirre, Southdown’s Spiritual Director. As a retreat facilitator, she will offer a daily guide and individual spiritual accompaniment during the retreat.

Date: Monday, December 7 – Saturday, December 12, 2020 **Time:** By Appointment

Participant Limit: 15

Fee: \$120.00

Duration: 6 days

Delivery Platform: Zoom, a secure online meeting platform

Presenter: Febe Aguirre

Who should participate: Vowed religious, clergy, novices, temporary professed, seminarians, and Catholic laity

Participants will be invited to:

- a spiritual connection
- create inner spaciousness in this Advent time
- listen to the stirrings, needs and the urgings of the presence of the Mystery in the experiences of great pain sufferings

Registration:

An interview with the facilitator is required for registration. Please call Febe Aguirre at 905-727-4214.

About the Facilitator:



Febe Aguirre is a full-time spiritual director at Southdown Institute since 2007. She was trained at the Institute for Spiritual Leadership in Chicago in 1998 to 2000. She holds a master’s degree in counseling from the University of the Philippines in Quezon City where she worked as a university counselor for almost 20 years in the health sciences campus. Febe is a Teresian, a committed member since 1981 of the Institucion Teresiana or the Teresian Association, a lay international association of the faithful of pontifical right founded by Saint Pedro Poveda in Spain.

