

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 this pandemic time. Yes, 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”, an experience of 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

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.

