

# Southdown Community Wellness Services

## Virtual Spiritual Retreat

### Virtual 6-Day Guided Lent 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, March 8 – Saturday, March 13, 2021 **Time:** By Appointment

**Participant Limit:** 15

**Fee:** \$120.00

**Duration:** 6 days

**Delivery Platform:** Zoom

**Retreat Director:** Febe Aguirre, MEd, CSD

**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, MEd, CSD 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.

