

Retreat: Spirit of Saragossa

By Fátima Silva, FMI

Preparation/orientation – an example

1st Day: Morning:

- Presentation of dynamics for the participants
- Welcome dance
- Presentation of proposal for the retreats: brief history and process
- Time organization: schedules for break days, proposal for silence, Lian Gong and dance exercises
- Practical orientations about the house

Afternoon:

- Lian Gong (to wake up)
- Three O'clock prayer
- “Arrive totally or finish arriving” The body arrives but ... we must bring the rest
- *Dynamics*: brief break, remembering everything from the previous day, from leaving the house... everything is important: feelings, persons, packing the suitcase, unforeseen events...
(1 hour) Redo the way: go for a walk letting feelings, sensations, thoughts arise...
Speak out loud, yell... until we arrive at “the place of retreat”
Remain there: resting, praying, keeping silence... choose a symbol expressing your desires before this offer of retreat. Meet with someone to share the experience.
- Eucharist: bring the symbols. Celebration of arrival, joy of meeting

Evening:

- Relaxation
- Biblical (Ignatian) contemplation, Mk 6:30-32
- Sharing the day's experience
- Giving a candle to use during retreat

Creating atmosphere – Image of Mary welcoming, flowers, candles...

2nd Day: Morning: all together

- Conscious walk: being conscious of body and senses: seeing, smelling, hearing, touching, tasting
- Re-taking previous day: feelings, experiences ... everything is important to develop sensitivity and attention to small things
- Interiorization dance
- Writing one's own salvation history