



# Our Lady of Perpetual Help Retreat and Spirituality Center

3989 South Moon Drive  
Venice, FL 34292

**Advent Spiritual Retreat  
December 6-7, 2021**

## **Prepare Your Heart for Christmas with St. Thérèse of Lisieux**

St. Thérèse of Lisieux marked Christmas 1886 as the day of her “complete conversion.” This did not involve dramatic changes in what she believed. It only involved little changes in how she lived her very ordinary life. But her Christmas conversion led to the fulfillment of her desire to be a saint.

Our 8th annual Advent Retreat will explore some of St. Thérèse’s very practical, lived examples of holiness and transformation including how:

- to become the saint you were created to be
- to better hear God’s voice in your life
- to have a greater awareness of God’s presence
- to pray (both for yourself and for others).

This overnight retreat includes formal presentations, time for personal prayer, optional small group sharing, daily Mass, opportunities for confession, and spiritual guidance.

If you want to add “becoming a saint” to your Christmas wish list, come spend some time preparing your heart for the birth of Our Lord Jesus at the Our Lady of Perpetual Help Retreat Center.

**Cost:** \$100 (inc. FL State tax and fees)

Please note that this fee covers our costs and taxes/fees.

*A free-will donation request will be made by OLPH's Spiritual Director on the last day of the retreat*

**Register online at: [olph-retreat.org/schedule-of-events](http://olph-retreat.org/schedule-of-events)**

If you have any questions, please contact Denise Riley at  
[riley@olph-retreat.org](mailto:riley@olph-retreat.org) or (941) 486-0233, ext. 3004



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# *Monday, December 6, 2021*

8:30 AM	Registration and Villa Assignments <i>(Coffee and Danish available)</i>
9:00 AM	Welcome Remarks (Chapel)
9:30 AM	Session: <i>Christmas Conversion</i> <i>(Note: Each session follows this format)</i> Presentation Private prayer and reflection Triad Group Sharing
11:15 AM	Mass
Noon	Lunch in silence
12:45 PM	Session: <i>How to Become a Saint!</i>
1:30 PM	Session: <i>The Little Way of Love</i>
3:15 PM	Private Prayer, Confession, Individual Conferences, or Rest
4:30 PM	Rosary (optional)
5:00 PM	Dinner in silence
6:30 – 8:00 PM	Evening Prayer Service

## *Tuesday, December 7, 2021*

8:00 AM	Breakfast in silence
8:45 AM	Session: <i>Pondering in Your Heart: What is Christ's Gift to You?</i>
11:15 AM	Mass
Noon	Lunch
1:00 PM	Retreat Evaluations and Closing Prayer



When I am preparing for Holy Communion, I picture my [heart] as a piece of land, and I beg the Blessed Virgin to remove from it any rubbish that would prevent it from being free. Then, I ask her to set up a huge tent worthy of heaven, adorning it with *her own* jewelry. Finally, I invite all the angels and Saints to come and conduct a magnificent concert there. It seems to me that when Jesus descends into my heart, He is content to find Himself so well received and I, too, am content" (Thérèse of Lisieux, *Story of a Soul*, p. 172)

# St. Thérèse of Lisieux: What is prayer?

“Prayer is a surge of the heart to God. It is a simple look turned toward heaven; it is a cry of recognition and of love, embracing both trial and joy.” (Catechism CC 2558)

## BRINGING FEELINGS TO PRAYER

### NOTICE MYSELF

1. What am I really feeling?  
How do I feel about what I am feeling?
2. What do I really want?  
How do I feel about what I want?
3. What am I like right now?  
How do I feel about what I am like?

### NOTICE GOD

4. What is God’s attitude and feeling about:
  - what I am feeling?
  - what I want?
  - what I am like?
5. How does God see me at this very moment?
  - How is God looking at me?
  - How close is God right now?

### NOTICE MYSELF AGAIN

6. What do I want of God?
7. Can I....Will I .....ask for what I want?

Stay with the questions. Allow them to become more and more concrete  
(*Distractions in Prayer* by Jean Gill, *Presence Magazine* Jan. 97)