

St. Francis Xavier

Busy Persons Retreat

January 28-February 1, 2012

The Busy Person's Retreat

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Offered at

St. Francis Xavier

Catholic Faith Community



What is unique about the Busy Person's Retreat? As people of faith, God has touched our lives. We know we are called into a relationship with a God who is, on the one hand, mysterious "For *who has seen God,*" and on the other hand, we meet God very concretely in Jesus Christ. The Holy Spirit draws us to God. Many people experience a hunger for a deep inner peace, a sense of wholeness in a disjointed, fractured and broken world. People of faith respond to this hunger in different ways and we acknowledge many spiritual traditions in the Christian community.

St. Francis Xavier Catholic Faith Community, through **the Busy Person's Retreat**, offers you an opportunity to deepen your relationship with God. This program is very simple in its intent and focus: by means of praying with scripture to come into closer contact with God. This program is open to anyone; "no experience required."

What is asked of you? (1) That you attend both the opening and closing sessions of the retreat at the Ignatian Spirituality Center (4801 N. 1st Street) (2) That you be willing to pray once a day for the five days of the retreat for a period of about 30 minutes (3) That you keep a journal of your prayer (4) That you keep your appointment each day to talk with your retreat director for a 30-45 minute conference.

What is a directed retreat? A directed retreat may be something with which you are unfamiliar. A team of spiritual directors will be available to give daily direction to each participant making this retreat. The role of the director, or "spiritual companion," is to be an attentive listener to your prayer experience and to offer whatever guidance is supportive of your prayer. This is not therapy; this is not counseling. The director helps you to be aware of how God is present to you in your prayer. You will have the opportunity to meet with your director for 30-45 minutes each day of the retreat. The time for this conference will be tailored as much as possible to your daily schedule.

What is the format for this retreat?

On Saturday morning, January 28th: those making the retreat will gather at the Ignatian Spirituality Center for the opening session from 8:30 A.M. until about 2:00 P.M. A light lunch will be provided. The format for the retreat will be explained in detail. There will be a time of faith sharing in a small group setting. You will meet your spiritual director, have an initial, individual conference with your director and also work out the time when you will meet each day of the retreat.

Sunday, Monday, Tuesday and Wednesday you take your prayer period with the scripture selection that has been given to you and then take a few minutes afterwards to do a "review of prayer" which will be explained at the opening session. You can pray at home, in a church, at the parish or wherever you feel most comfortable.

Wednesday, February 1st: the closing evening session of the retreat. The evening will look something like this:

- 6PM Light meal
- 7:15 Outline of evening's program
- 7:30 Faith Sharing Session
- 8:00 Presentation on Examination of Consciousness
- 8:30 Celebration of the Eucharist
- 8:55 Distribution of resource material
- 9:00 Close

If you feel drawn to try this type of retreat prayer experience, we encourage you to apply. We will be able to accommodate 30 retreatants. We will honor applications on a first-come-first-served basis. The requested donation for this retreat is \$45.00. Financial assistance is available. If you are in a position to offer more that would help to defray the overall expense of the retreat.

Please complete the application form and give it to the receptionist at the Parish Center or mail it to Nancy Shaw's attention at the parish address: 4715 N. Central Avenue, Phoenix, AZ 85012.

*If you have any questions about the retreat,
please contact Nancy Shaw at 602 212-4501 or nancy.shaw@sfxphx.org*