



Arete Retreat 2025

ARETE RETREAT 2025

Come to me all you
who are weary and
burdened, and I will
give you rest

Matthew 28:11

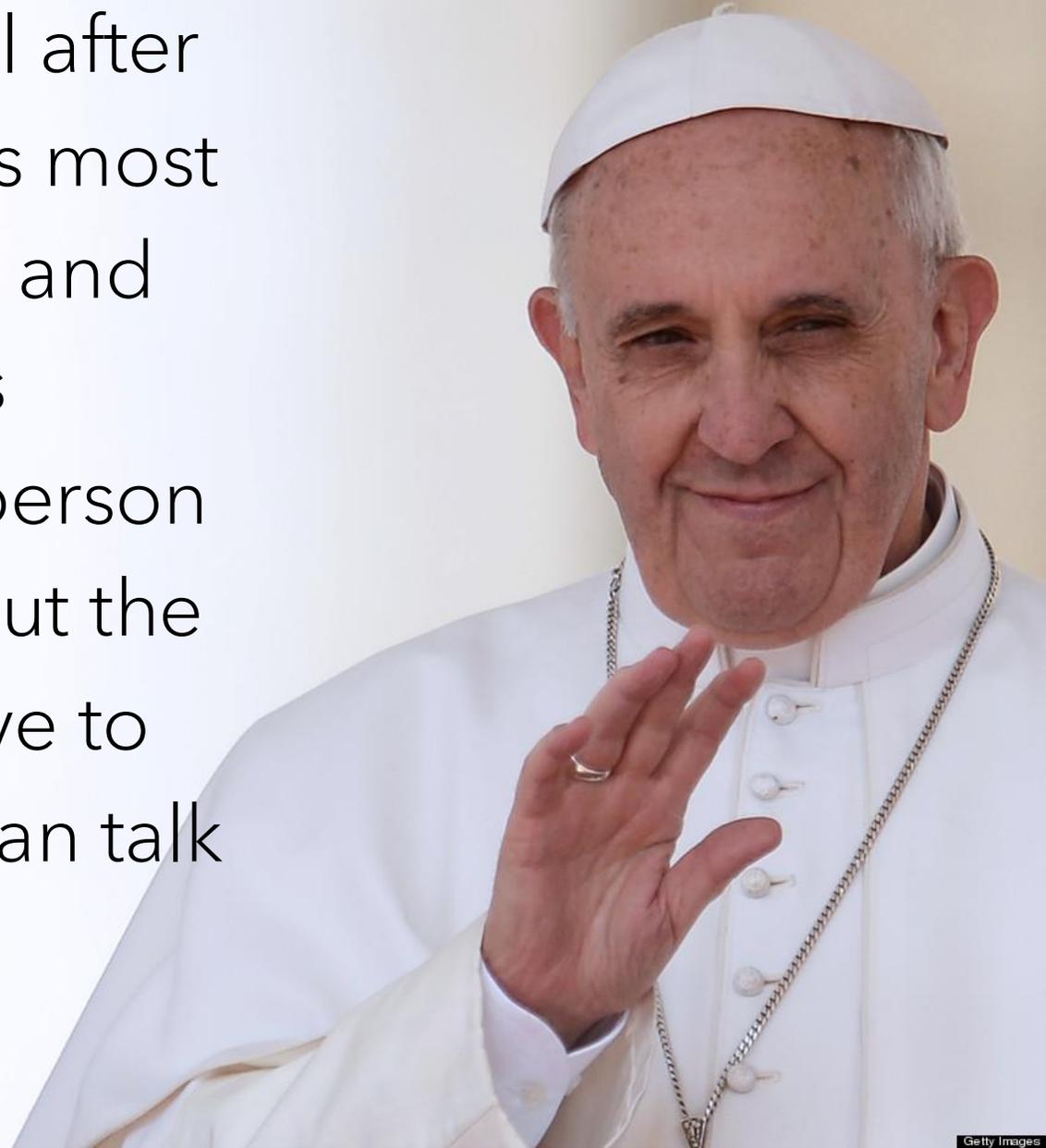


GOD'S FIELD HOSPITAL



I see the Church as a field hospital after battle. The thing the Church needs most today is the ability to heal wounds and warm the hearts of the faithful. It is useless to ask a seriously injured person if he has high cholesterol and about the levels of his blood sugars! You have to heal his or her wounds. Then we can talk about everything else...

Pope Francis 2013



MARK 2:17

- When Jesus heard this he said to them. "It is not the healthy who need the doctor, but the sick. I did not come to call the virtuous, but sinners.



FSE FIELD HOSPITAL



Spiritual exercises – a simple structured way to pray developed by St Ignatius Loyola, 1500's

Field hospital Exercises developed by Michael Hansen SJ, 2020.

FIELD HOSPITAL EXERCISE 1

WELCOME



God's Field Hospital

IGNATIAN SPIRITUAL EXERCISES
HEALING WOUNDS OF LIFE



Michael Hansen, SJ
FOREWORD BY Antonio Spadaro, SJ

E-book USA Edition.

<https://tinyurl.com/2hbh4rn2>

Paperback AU Edition:

<https://www.garrattpublishing.com.au/product/9781922484970/>



Jesuit and Ignatian Spirituality Australia

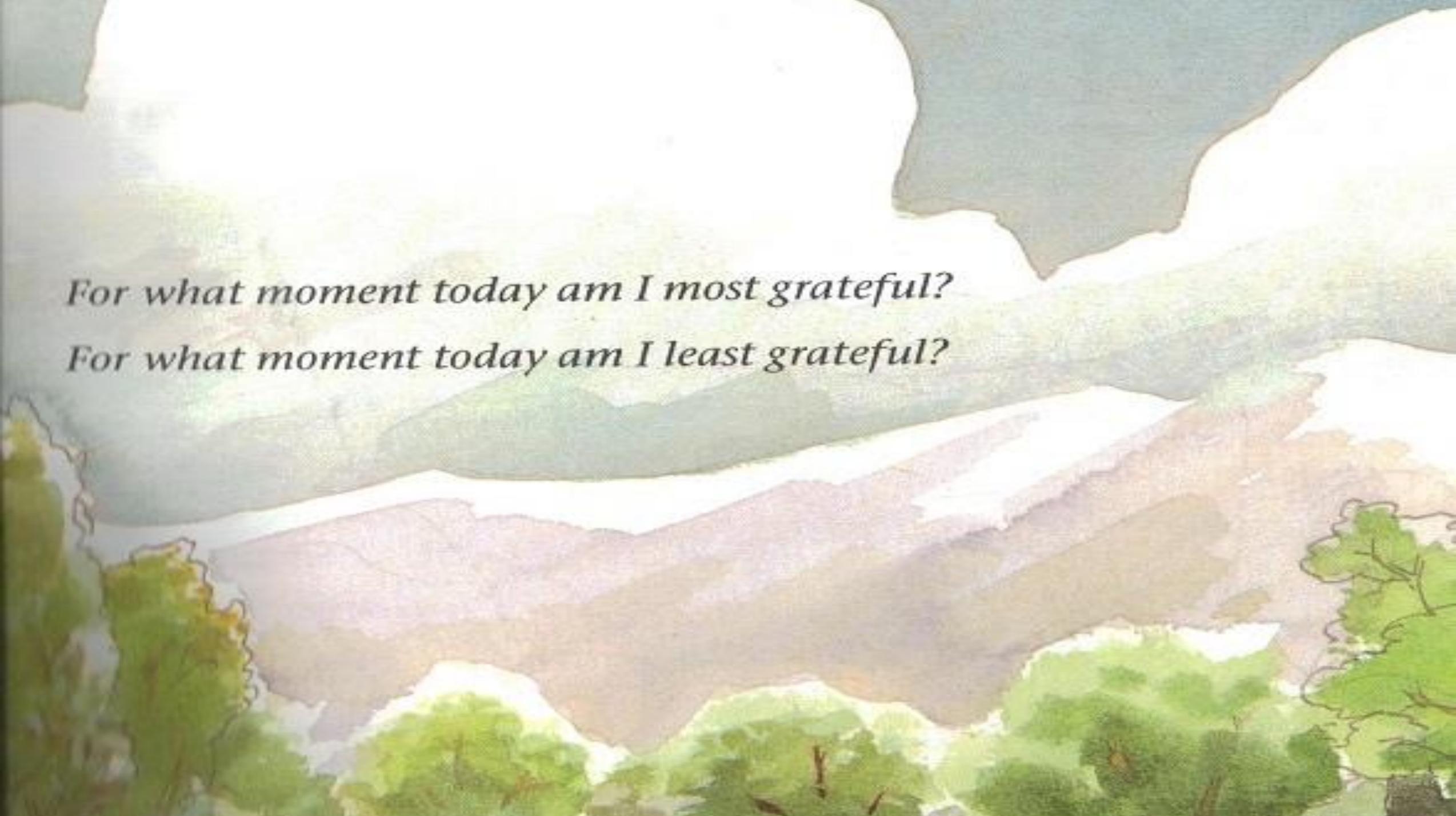
FLOW OF THE RETREAT

- Program
- Silence
- Exercises
- Journal
- Spiritual direction times



THE EXAMEN

1. Gratitude
2. Ask for help
3. Review
4. Respond
5. Look forward

A watercolor illustration of a landscape. In the foreground, there are several green trees with dark outlines. Behind them, a river flows through a valley. The background features rolling hills and mountains in shades of green, purple, and brown, creating a sense of depth. The sky is a mix of light and dark green washes, suggesting a bright, slightly overcast day. The overall style is soft and artistic, typical of children's educational materials.

For what moment today am I most grateful?
For what moment today am I least grateful?

U S E O F T H E **E X A M E N**

- Every day on retreat
- Every day to learn to know God's ways in your life
- Ignatius' advice - don't skip it
- Simple form - Pre-school friendly

EXAMEN OF RECENT TIME



EXAMEN OF RECENT TIME

- What are the things you are grateful for as you reflect on this year?
- Ask the Holy Spirit to help you see what is most important
- Reflect on the different roles you have been living. Can you relate to any or all of these different field hospital roles?
 - ❖ unwell in need of care
 - ❖ Helper, skilled-carer, expert,
 - ❖ Administrator, organiser in a crisis
 - ❖ Random volunteer
 - ❖ Carer with unexpected health issues
- Thank God for the blessings and hold onto them.
- What do you need to let God heal, help you with, let go of.
- In this retreat space what do you need to bring to God.

**SUDDENLY
IN
HOSPITAL**



EMPTY HANDS

“What really matters is utter trust in God; that this trust cannot be there until we have lost all self-trust and are rooted in poverty; that we must be willing to go to God with empty hands, and that the whole meaning of our existence and the one consuming desire of the heart of God is that we should let ourselves be loved.”

Ruth Burrows

(p34. in Michelle Jones:

“Going to God with Empty Hands: The Gospel Mysticism of Ruth Burrows.”)

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Entrust yourself to God - this is God's work

