

A landscape photograph of trees at sunset. The sun is low on the horizon, creating a warm, golden glow. The trees are silhouetted against the bright sky. The sky is filled with soft, wispy clouds. The overall mood is peaceful and serene.

Areté 

Arete Retreat 2026

“Come to me, all you who are weary and burdened, and I will give you rest” Matthew 11:28

...like a tree planted by the water, that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

Jeremiah 17:8

ARETE RETREAT 2026





IGNATIAN SPIRITUALITY

1. For becoming **aware** – of what's going on in our hearts and thoughts
2. to **understand** – what is of God and what is not of God,
3. And to **take action,** accordingly, accepting what is of God and putting it into practice, and rejecting what is not of God, firmly setting it aside.



Yeah, bring it
on I'm ready...



Hmmm,
maybe but I
don't think so...

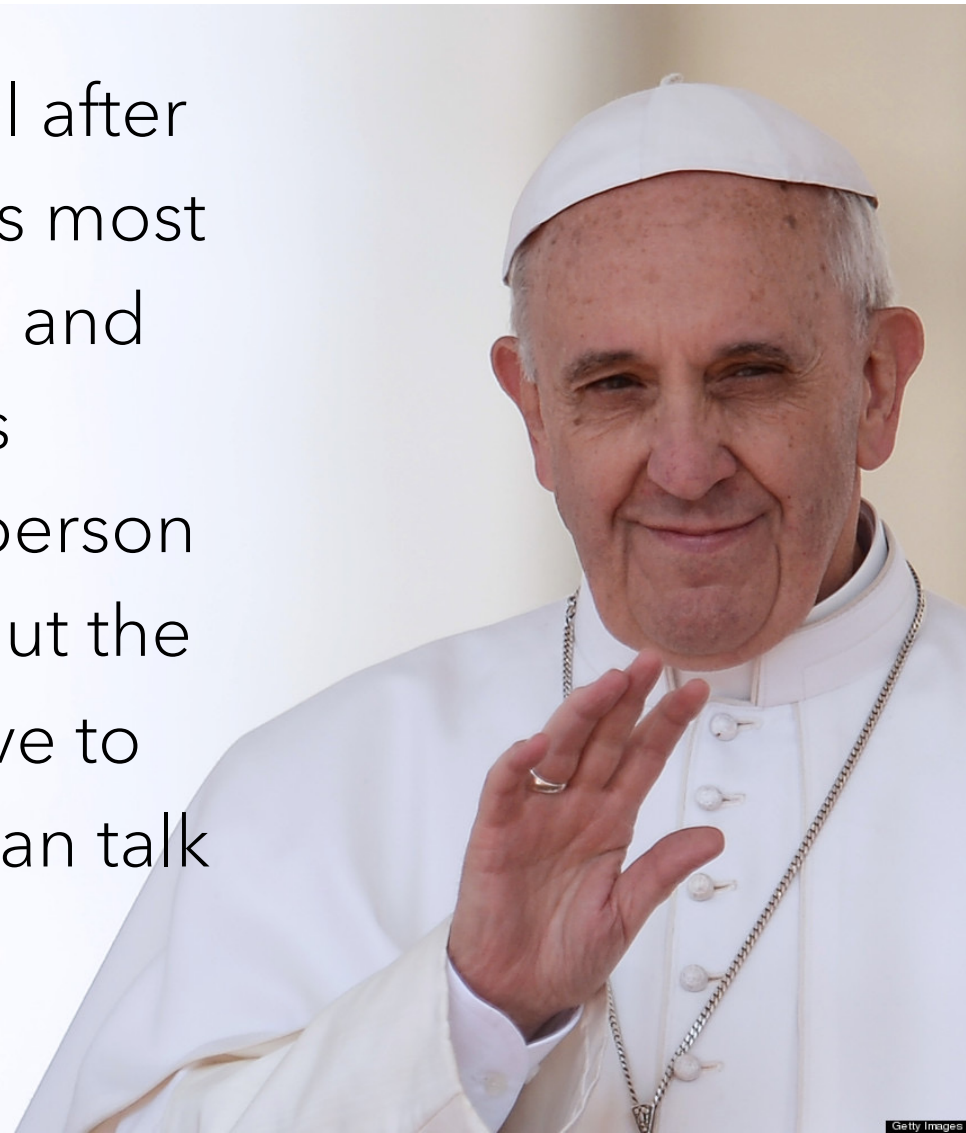


GOD'S FIELD HOSPITAL



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.



GOD'S FIELD HOSPITAL



Spiritual exercises – a simple structured way to encounter God in prayer and daily life developed by St Ignatius Loyola, 1500's

God's Field Hospital exercises developed by Michael Hansen SJ, 2020.

FIELD HOSPITAL EXERCISE 1


WELCOME





THE EXAMEN

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

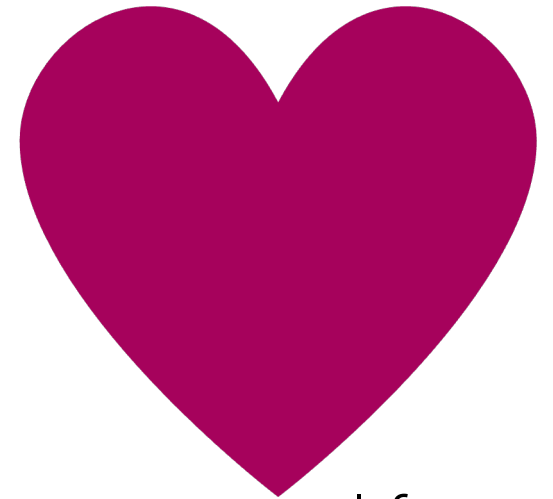


For what moment today am I most grateful?

For what moment today am I least grateful?



Use the Examen




Every day on retreat

- Helps to learn 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 what you have been living.
- **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.



FLOW OF THE RETREAT

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



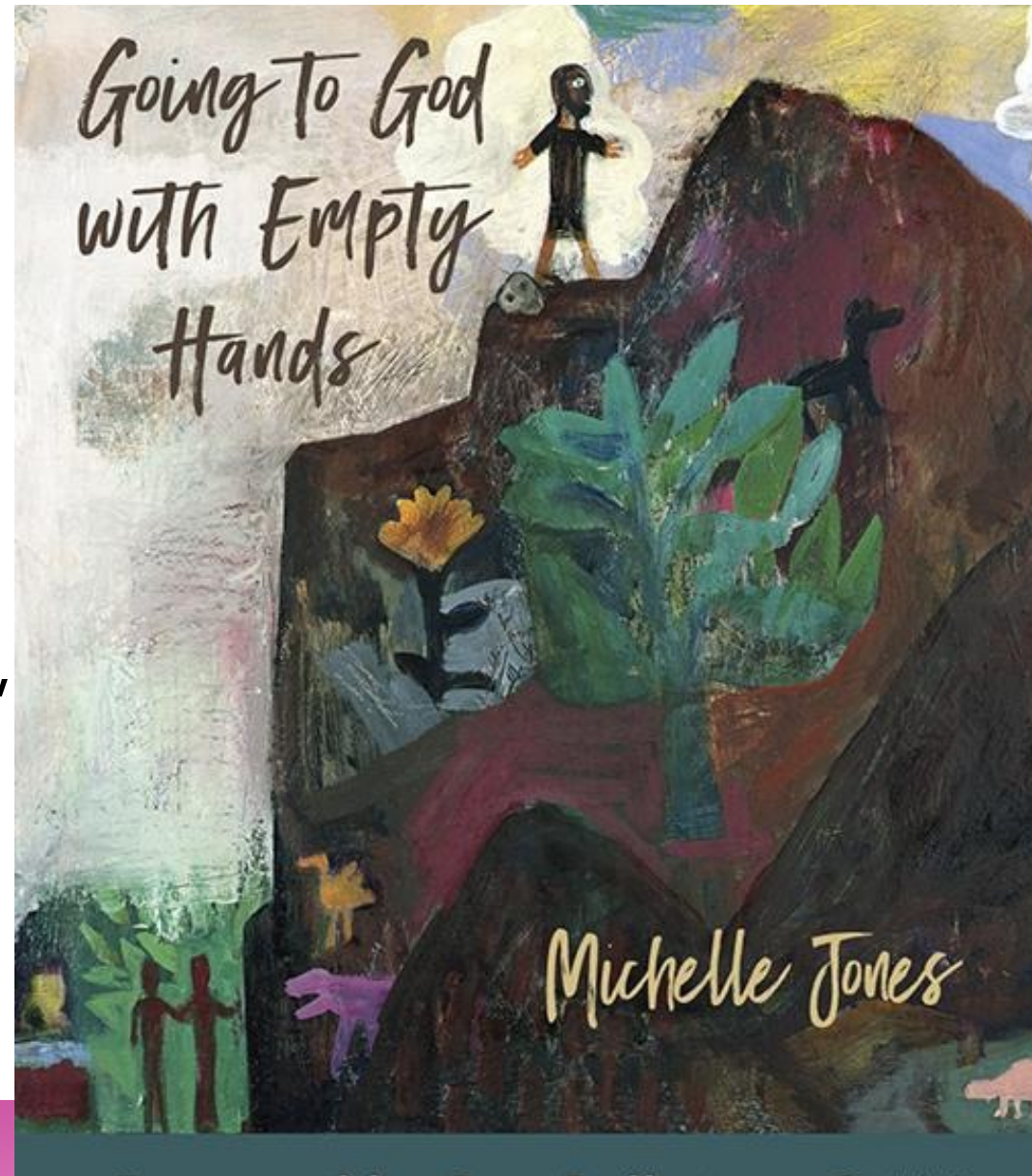
- Become aware of what's going on in your heart and thoughts
- Record it in your journal
- Honesty and vulnerability is the key
- Edit it later for handing in.
- Is there a deeper feeling underneath those feelings?

“What really matters is utter trust in God; ...we must be willing to go to God with empty hands, 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. Michelle Jones,

“Going to God with Empty Hands”)





Entrust yourself to God - this is God's work