

Areté 

# ARETE RETREAT

Varroville 2026

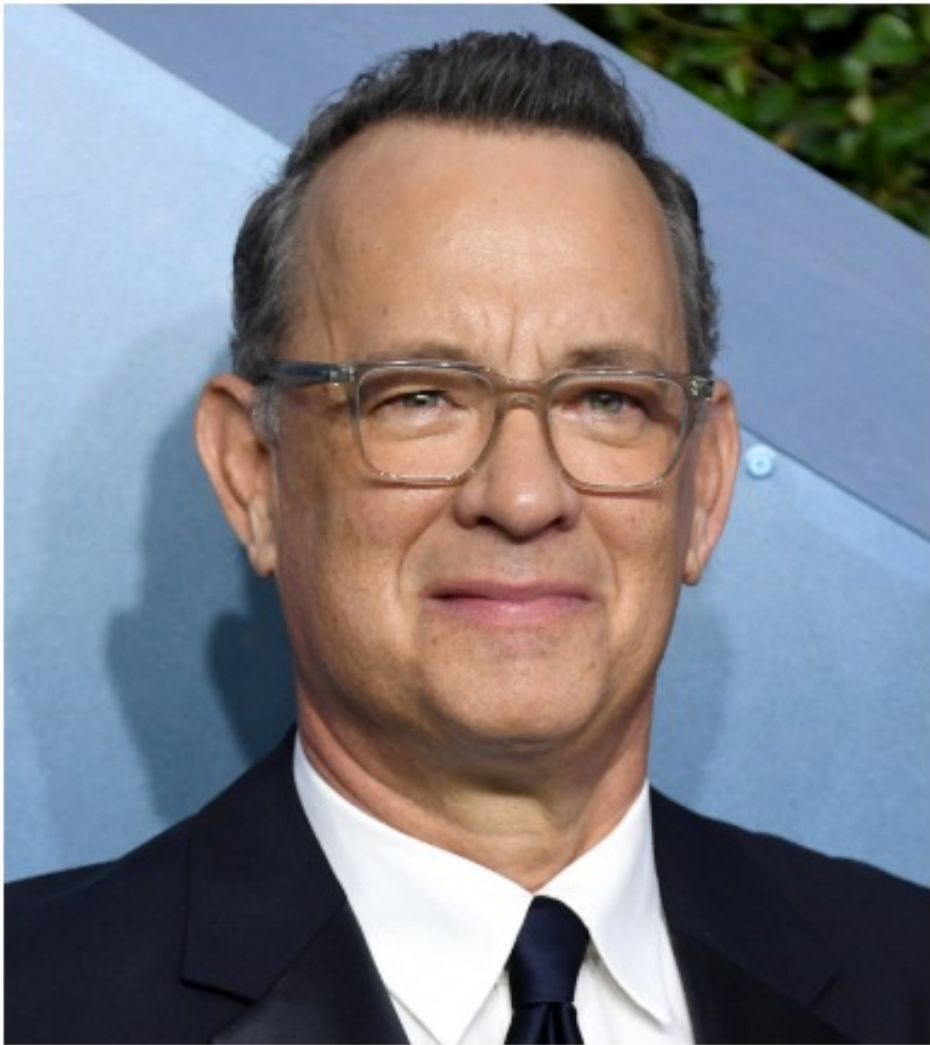


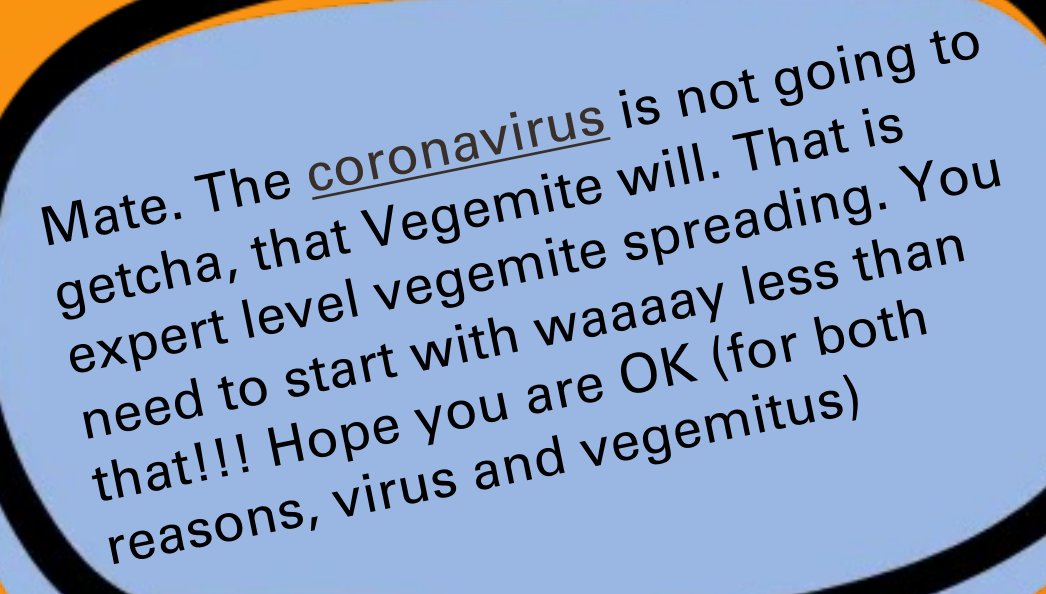


# Prayer and mission

- Go together perfectly like vegemite and toast
- Like breathing in and breathing out







Mate. The coronavirus is not going to getcha, that Vegemite will. That is expert level vegemite spreading. You need to start with waaaay less than that!!! Hope you are OK (for both reasons, virus and vegemitus)

– Dr. Sonia Fullerton ???to ??  
(@sonialf) [March 15, 2020](#)

# HOW TO EAT VEGEMITE

1. Hot toast required
2. Plenty of butter (margarine if you really insist)
3. Add a tiny scraping of vegemite as shown (seriously, no more than that!)
4. Don't expect something sweet (think roast beef, not jelly or peanut butter)
5. Enjoy while the toast is still hot
6. Over time, increase the amount of vegemite (but NEVER get insane!)




VEGEMITE FOR  
BEGINNERS



VEGEMITE  
FOR  
REGULAR  
CONSUMERS



VEGEMITE  
FOR THOSE  
WHO WANT  
TO DIE



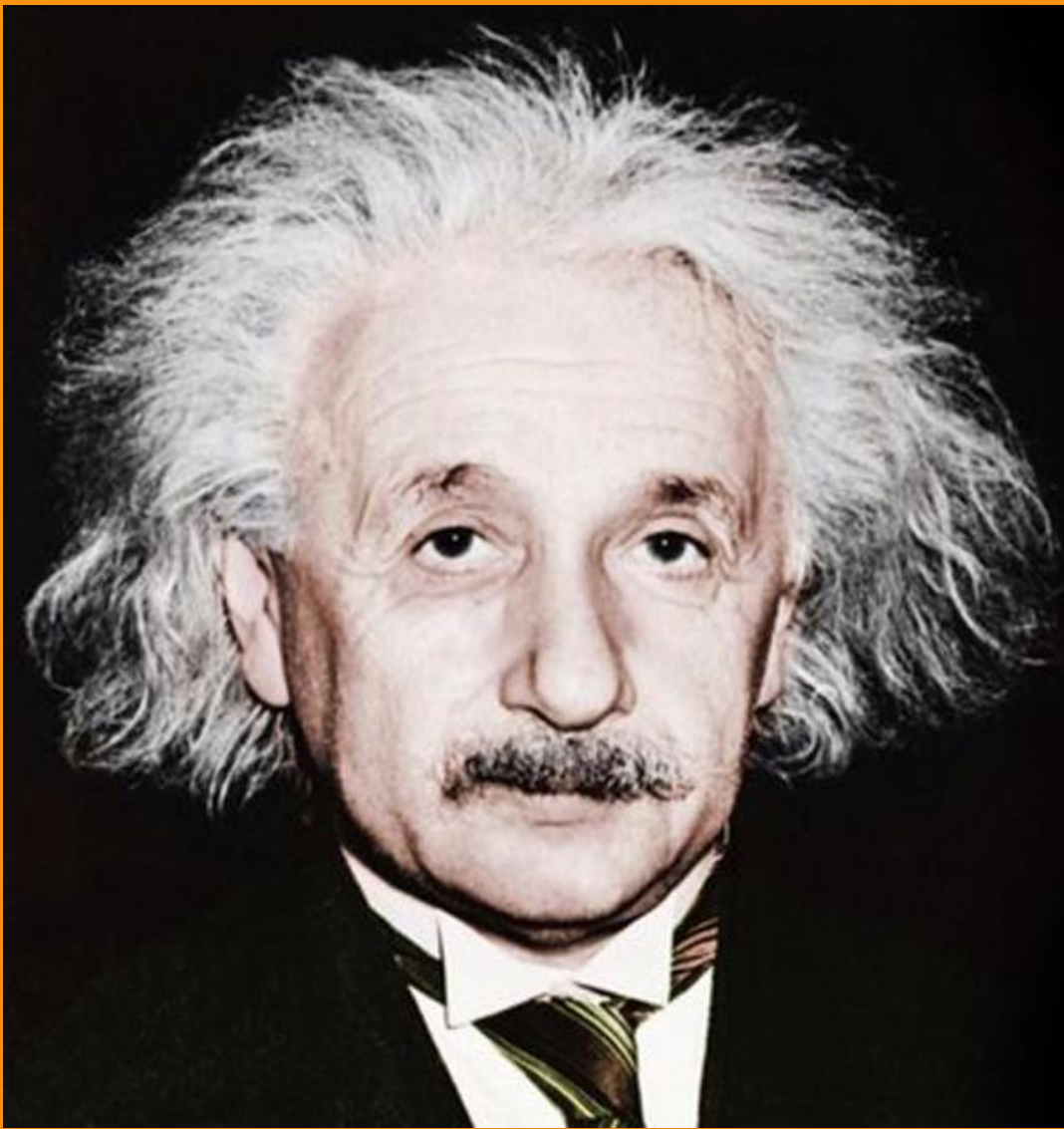
God will  
use you  
to bless  
others

- God wants to bless you
  - Heal you
  - Unite you to God
  - And others
- 



THE AMAZING  
**RACE**  
AUSTRALIA





**Life** is like riding a **bicycle**,  
to **keep** your balance,  
**you must keep moving**

**And Praying**  
Einstein

CONSOLATION



desolation



# Gather together the graces

- What are the major things you want to remember?
- What has God done with you?
- What is the invitation next?

Don't stop here!



# God's Field Hospital

IGNATIAN SPIRITUAL EXERCISES  
HEALING WOUNDS OF LIFE



Michael Hansen, SJ  
FOREWORD BY Antonio Spadaro, SJ

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