



SSVP Silent Retreat 2015

From 13 – 15 March, 24 Vincentians arrived at Kingsmead Centre for Ignatian Spirituality and Counseling. For most, it was a first-ever experience and there was much anticipation for a unique encounter with God. Using the theme of ‘Contemplate, Commune and Collaborate”, retreatants were invited to meditate on their relationship with God in the context of their Vincentian work and community.

Through the guidance of Lance and Celina, the Centre’s lay Spiritual Directors, the retreatants underwent prayer exercises like learning to see Christ’s image through others and the Awareness Examen to reflect on how God has been present in one’s life that day and how one has responded. 1-2-1 sessions with the Spiritual Directors also helped participants to discern God’s presence and promptings.

Against the backdrop of the Kingsmead’s serene and beautiful gardens, and the round-the-clock availability of the Adoration Room, hours of quiet time, reflection and private prayer passed quickly and to good effect.

On the final day, as retreatants shared what they had learnt from the retreat, it was clear that the Holy Spirit was indeed present and hard at work to touch hearts and minds. Attendees also appreciated the opportunity to ‘slow down’ and take stock of their personal relationship with God, FINs and fellow Vincentians.

For those of you who wished you were there, do look out for the next Silent Retreat when it comes round again this time next year. It could just be the occasion that could change your life!