



the piercing of the heart

celebrating your brokenness

Bi-Annual Parish Retreat March 9 - 12, 2017

The retreat promises to be a great opportunity for our parish community!

Our facilitator, Macrina Wiederkehr, OSB is a nationally known author and retreat director and she brings a wealth of experience. Drawing from her Benedictine spirituality, Sister Macrina sees as an important part of her ministry leading seekers on a contemplative path away from wordiness, into deep listening. She encourages her readers and retreatants to tap into the wealth of their own creativity. She believes that a retreat is not so much a time to learn new things as an opportunity to reflect on the deep truths that many of us have forgotten due to the busyness of our lives.

If you desire a “sneak-peek” at her work, she has authored eight books: *Seasons of Your Heart*, *A Tree Full of Angels*, *The Song of the Seed*, published by HarperCollins; *Gold in Your Memories* and *Behold Your Life*, *The Circle of Life* (co-authored with Joyce Rupp) *Seven Sacred Pauses: living mindfully through the hours.* (Ave Maria) Her latest book of Scripture Reflections, *ABIDE: keeping vigil with the Word* is with Liturgical Press. Visit her personal website and blog: www.macrinawiederkehr.com

The retreat will run from Thursday evening through Sunday and our hope is to have our entire community participate! There will be session held during the day and evenings so that everyone can attend. **The title of the retreat is: The piercing of the heart: celebrating your brokenness.**

Compunction is an old-fashioned word yet during the Lenten Season some of us pull it out of the closet to look more deeply at its power to bless us with sorrow and joy. It means quite literally ‘the piercing of the heart’. When the heart is pierced the energy of love has room to flow. Our broken hearts equip us for ministry; to encounter, grow and witness. Lent is truly a celebration of our brokenness and the blessings that can flow from an awakened, open heart. Living the Beatitudes invites us into this brokenness. Each beatitude is a piercing of the heart that becomes a blessing. Lent need not be a gloomy season but a time when the sorrows and joys of our lives hold hands.

Would you like to help with the planning of this event? Please contact Nancy Mason Bordley at Spirituality@SJFCUP.com.