

From the Desk of Sister Marcia Krause
Parish Adult Spirituality Coordinator
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Two retreats or offerings are available for you should you like to make them during this time.

1. If you would like to make an At-Home Retreat, here is a website for you:

<https://www.sacredspace.ie/covid-19-isolation-retreat>

Sacred Space COVID-19 'Isolation' Retreat

Brendan McManus SJ and Jim Deeds

Brendan McManus SJ and Jim Deeds have written a 14 day 'Isolation' retreat specifically for Sacred Space during this Coronavirus crisis. Using meditations from their two books, Finding God in the Mess and Deeper into the Mess, they have shaped a 14 day retreat around themes loosely based on the Spiritual Exercises of St Ignatius. Each day has a specific theme, a preparatory prayer, an introduction to the themes, three related scripture quotes, some questions for reflection and a closing prayer. People can use this resource in a number of ways:

- follow the program for the 14 days;
- dip into the themes that speak to you, for example the meditation on fear;
- or use the meditations as daily prayer.

It can be used in any of these ways to get reassurance that God is with you during this difficult time, to deepen your prayer life or to provide a safe space away from worry and anxiety.

- Introduction to the 'Isolation' retreat
- 1. The Glory of our being
- 2. Individually loved
- 3. Woundedness
- 4. Surviving suffering
- 5. Becoming unstuck
- 6. Transforming failure
- 7. Freedom to say 'Yes'
- 8. Praying in an emergency
- 9. Reflected light
- 10. Renewal: From small seeds
- 11. Let your light shine
- 12. Connected / related to others
- 13. New life, dying and rising
- 14. Joy and happiness

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2. I have developed with the help of a number of sources a study on the Beatitudes.

Nine Days with the Beatitudes: Blessed are You.

You can use them for reflection and/or for a retreat as you like. I pray that these will help you during these at-home days.