



Finding Jesus at San Damiano

August 2023 | 0001

Come Aside and Rest Awhile

Mk 6:30-32

During calamitous and world-shaking times 800 years ago a rich, spoiled, slightly neurotic little man sought a quiet place to pray to make sense of all that was going on around him (and within him).

Jesus Christ spoke to the discouraged man in the broken down San Damiano Chapel just outside the walls of Assisi. Our Lord's voice sounded through a crucifix which hung on the wall... "Francis, rebuild my church, which as you see is falling into ruins!"

The rest is history. St. Francis – with a little help from his friars, St. Clare, and her Poor Clare Nuns – was an essential force in the great renewal and reform of the Church in the 13th century.

At our Diocesan Retreat Center, San Damiano, we offer a quiet place for people to "come aside and rest awhile" (Mark 6:30-32); to read and think and pray in silence and solitude at the feet of our Eucharistic Lord in our chapel and while wandering about our 100+ acres of rolling green grounds in the Shenandoah Valley not far from the Blue Ridge mountains.

To find out more about how to retreat with us, please email Deacon Mark Maines at sandamiano@arlingtondiocese.org or visit our website www.arlingtondiocese.org/retreat



The Great Escape

by Father John Riley

Spiritual Director

San Damiano Retreat Center

At every turn of the page in the Gospels we see Jesus *retreating* in one way or another; into deserts, up the slopes of high mountains, across the Sea of Galilee.

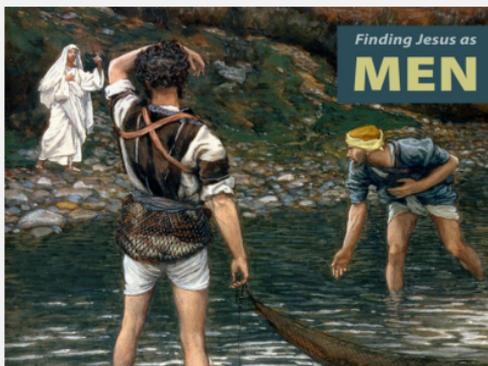
Our Lord needed time away from the crowds to rest, to ponder, and to pray; for His mission, His friends, all those He encountered... even His enemies. It was the only way Christ could effectively be "about His Father's business."

We have to "escape" as well. Every day we need to set aside moments for quiet "pockets of prayer," or head off to daily Mass... to read and to ponder a few verses of Sacred Scripture, or to wander out for a "Rosary walk." But a soul in search of Christ must also occasionally retreat for a longer period of time; an entire day... or even two, rest with the Lord, and *listen*. Impossible? **Yes** – if we don't decide to make it happen, plan it out, and follow through.

We will help you to plan and accomplish this "great escape." Contact Deacon Mark Maines **via email** or call give him a call at 540-868-9220.

Need more inspiration and encouragement? Check out the retreats and events described in this newsletter. Or, in quiet prayer before the Blessed Sacrament, "*Take and Read*" these Gospel accounts of **Jesus' Retreats**.

UPCOMING RETREATS



September 15–17 Men's Retreat

Finding Jesus as Men after Christ's own Heart. As a Band of Brothers we will gather at Christ's feet; Single Men, Husbands, Fathers, and Priest...listening and seeking Jesus in deep quiet prayer. Presented by Fr. John Riley.

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Ignatius Retreat Sept. 29 – Oct. 1



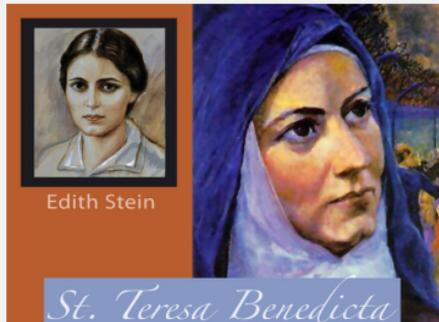
Join Rev. David Dufresne as we learn about St. Ignatius' battle plan on how to win the identity war. This retreat will focus on the importance of knowing Jesus Christ, and recognizing who *we* are in *Him*, and then helping others discover their true identity. This is a silent retreat for men.

[Read More](#)

When Our Lord says, "Follow Me," we need to take Him at His word... especially when He invites us to "Come Aside and Rest Awhile"
[MK 6:31].



Coming in November



Edith Stein

St. Teresa Benedicta

Women's Silent Retreat

Join Fr. John Heisler as we explore the life and gifts of this extraordinary Saint. Her wisdom and spirituality illuminate many of the challenges and situations that confront all women in the world, wives and mothers, professionals, and women seeking a deeper friendship with Jesus.

[Read More](#)