



## Finding Jesus at San Damiano

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### Retreat During Lent

The Voice of God the Father thundered from the sky, God the Holy Spirit descended in the form of a Dove, and the waters of the Jordan were washed clean as John baptized Jesus Christ. For the first time in all Eternity the Mystery of the Holy Trinity was revealed publicly. Theologians and poets refer to the moment as a "Theophany" and Jesus in His human nature must have taken delight in this great moment of consolation.

It did not last long. **"And immediately the Spirit drove Him forth into the desert. And He was in the desert forty days and forty nights being tempted by Satan."** The first "Lent" began with a retreat from the world. And Lent, as we live it in our time, ideally involves a similar retreat.

At the Arlington Diocese's San Damiano Retreat Center, in the weeks ahead, in the true spirit of Lent, we will be offering a number of opportunities to retreat. The weekend of **Feb 9-11**, I will be offering a **Men's Silent Retreat ...** and **Feb 23-25** Fr. Noah Morey will be offering a **Silent Retreat for Women**. On **March 8-10**, Father Stephen Vaccaro and Fr. Ed Guilloux will be offering a **Retreat for Couples**, and **March 15-17** there will be a **Silent Retreat for Men & Women** which ponders the **Passion Narratives in the Gospels**. Finally, a special retreat during the **Holy Triduum**, from Holy Thursday through Resurrection Sunday, **March 28-31**, during which we shall follow Jesus hour to hour from His Passion and Death to His Resurrection on Sunday Morning.

Information and details on these retreats may be found [here](#). **"Come aside and rest awhile"** with Jesus Christ — and allow Our Father to work through His Holy Spirit to draw you closer to His Son.



### Fasting & Feasting

by *Father John Riley*  
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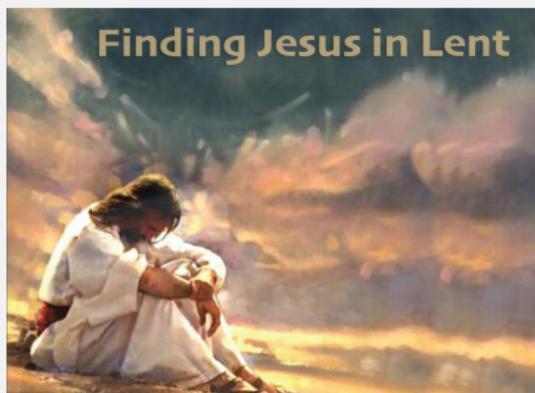
During Lent most Catholics focus on the "fasting," tightening the belt on Ash Wednesday and Good Friday, abstinence from meat on other Fridays, giving up sweets or desserts, making other small sacrifices (decreased use of social media, entertainment, etc.) But not enough people consider **feasting** during Lent.

In the confrontation between Jesus and the Devil in the Desert, Lucifer first tempts Christ, Who is starving after weeks without food, to turn stones into bread. Our Lord responds, **"Man does not live by bread alone, but by every word that comes forth from the mouth of God."**

Fascinating advice on how to fast and **feast**. Jesus actually **is** the **Word** Who, uttered eternally, "comes forth" from His Father. In this veiled prophecy, the Son of God hints that one day His followers will be nourished not by mere earthly bread that perishes (John 6:27) but by His Real Presence in the Bread of Life.

This Lent, consider feeding your hunger with **daily** Bread. By the way, the correct translation for the word used in the Gospel accounts of the Lord's Prayer is not "daily" but is literally **"supersubstantial"** — a clear reference to the Mystery and Reality of Transubstantiation. So when we pray the Our Father we are praying not merely for physical nourishment — we are also praying for the Body, Blood, Soul, and Divinity of Jesus in Bread of Life. Make a concerted

## UPCOMING RETREATS



### Men's Silent Retreat Feb 9th – 11th

For 40 days our Lord retreated into the desert to fast, pray, and to endure temptation. Join a band of brothers as we gather to pray and to ponder how to become men after Christ's own heart.

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## MEN & WOMEN'S RETREAT MARCH 15-17



**The Passion Narratives:** The Four Gospels give us clear accounts of the Last Hours of Jesus and His Suffering, Death, and Resurrection. In silence and solitude, we will read and think and pray our way through the Gospel accounts.

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Life. Make a concerted effort to get to daily Mass... not just on Sunday. There is no better way to nourish your soul and grow in holiness.

Another way to feast on the Word is to read the Gospels **daily**. Download and print out this sequence of readings **Finding Jesus in the Gospels**. Fold it and use it as a bookmark in your Bible — and during the days of Lent read through the entire story of Christ from "start" to "finish."

Combining a daily banquet featuring the Bread of Life with a "treasuring and pondering" of the words and events of Jesus' life as they are revealed in the Gospels can bring about "a perfect storm" of grace — the sort of endeavor that allows Christ the opportunity to make us the friends He longs for us to be.

## The Passion of Christ



### Triduum Retreat

**March 28-31, 2024.** In this very unusual retreat, a small group of us will gather to consider hour by hour Jesus' "passage" in Jerusalem [see Luke 9:31]. There will be very little food — apart from the Bread of Life — and the simplest celebration of the Solemn Liturgies.

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