

Finding Jesus with

St. Teresa of Avila

Spirituality 201: From Thérèse to Teresa

WOMEN'S SILENT RETREAT

Friday through Sunday
September 18-20

San Damiano Retreat Center
White Post, Virginia

After seeking Jesus with St. Thérèse of Lisieux and cultivating the practice of daily, quiet, contemplative prayer, the next step for many who wish to walk along the Way of Perfection is to make the acquaintance of "Big" Teresa... St. Teresa of Avila. Our objective is to help you to find the courage to persist in the practice of prayer — however challenging this may be.



St. Teresa of Avila, after 20 years of mediocrity as a lukewarm Carmelite nun, discovered that the only way to advance along the "way to perfection" is to be faithful to the practice of "mental prayer" daily. The "charming audacity" evident in her friendship with Jesus is an inspiration for all those who seek intimacy with Christ.

San Damiano Retreat Center. Cost \$299. Financial assistance may be available.
For more info email Fr. Riley: retreat@sacredheartwinchester.org

