



CENTRE FOR IGNATIAN SPIRITUALITY

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September 2021 – July 2022

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Stop – Reflect – Pray

On popular demand for more online retreats, we are offering a monthly 2-hourly retreat every first Saturday of the month starting on 4 September and ending on 1 June (except the January event that will be held on the second Saturday of the month).

Date	Organisers	Theme
4 Sep 21	Josephine Vassallo, Rita Gatt	Ignatius500: Pamplona – New life from our wounds
2 Oct 21	Thomas Muscat (Pietre Vive)	Lighting God's Fire Within: Moses and the burning bush
6 Nov 21	Alda Anastasi	Ignatius500: Cardoner – Ecological Sin
4 Dec 21	Marion Agius, Maria Theresa Portelli	Giving Birth... An Advent Online Retreat
8 Jan 22	Stephen Scerri	Ignatius500: Loyola – Recognizing spiritual influences
5 Feb 22	Phyllis Sammut Smith, Rita Gatt, Josette Micallef	You are the salt of the Earth (Mt 5:13)
5 Mar 22	Pietre Vive Eugenia Floegel	God's Creation: "and he saw it was good"
2 Apr 22	Stephen Scerri, Alda Anastasi	Ignatius500: Manresa – Ignatian Contemplation
7 May 22	Fr Christopher Vella sj	Christ's resurrection and the ecological crisis
4 Jun 22	Josephine Vassallo, Fr Vince Magri sj	Ignatius500: Rome – Opening up to the world



 **1st Saturday of the Month**

 **Online**

 **booking.cismalta.org**

 **15:30 – 17:30**

 **A Variety of Guides**





Experience “Come away by yourselves... and rest a while.”

Did you ever wish to withdraw from the chaos of the hectic life to spend some time with Jesus? Have you ever felt the wish to appreciate God’s hand in Malta’s nature, but never found an opportunity?

Jesus said to his apostles, “Come away by yourselves to a desolate place and rest a while.” (Mk 6:31)

Inspired by this advice, we are offering three experiences during which we will experience the beauty of nature and appreciate the love of the One who gave it to us.

Details of the dates, meeting places and the programme of the individual events will be published on our Facebook page and shared in our newsletter.



To be announced



**Different places around
Malta**



**CIS & Interdiocesan
Environment Commission**



CENTRE FOR IGNATIAN SPIRITUALITY



The Enneagramme And Spirituality

The Enneagramme is a method to try to discover one's personality type and thus to better understand oneself and others. The aim of these seven meetings is to try to reflect on the spiritual aspect of the Enneagramme and on how the personality type can influence one's personal spiritual life and the way both I and the person in front of me tend to relate in a spiritual

accompaniment situation.

Those who wish to participate in these meetings must have undergone the Enneagramme test or participated in a basic session of the Enneagramme.



Wednesdays

starting on 6 Oct '21

(7 sessions)



19:00 – 20:30



Mount St Joseph



Fr Oliver Borg Olivier sj



CENTRE FOR IGNATIAN SPIRITUALITY



Countryside Retreat: A Good tree produces good fruit

A good tree produces good fruit only if its environment permits and facilitates this. The relationship between humans and the rest of creation needs to be healthy for us to remain healthy. During this retreat we will ponder about the importance of this relationship through the light of the Gospel. We will have discussions, outings

and walks in the countryside together with times of rest in the Mount St Joseph retreat house and its gardens.



→ **15 Oct '21 18:00**

→ **17 Oct '21 15:00**



Mount St Joseph



Fr Christopher Vella sj,

Jackie Saliba,

Josephine Borg





Five Day Silent Retreat

We are surrounded by noise and a constant flux of input, but we rarely find time to process what we are living. We risk being carried away by life without having control over the direction that our life is taking.

This is an opportunity for seeking a deeper understanding of what is happening in my life and strengthen my relationship with the Lord.

This retreat will be personally guided, that is each participant will be accompanied individually and given specific spiritual exercises according to their needs. The retreat will be according to the style of St Ignatius, which includes silence – a great help towards going deeper.



→ **29 Oct '21 18:00**

→ **3 Nov '21 18:00**



Mount St Joseph



**Fr Christopher Vella sj,
Fr Godwin Preca sj**



CENTRE FOR IGNATIAN SPIRITUALITY



Praying with the Psalms

Possibly the Book of Psalms is the 'go to' book in the Old Testament. Psalms are ancient poems that express a whole range of reflections or emotions dealing with man's relationship with God. They are used in liturgy, community worship as well as personal prayer or reflection. During this one-day retreat we shall be reflecting and praying particularly on Psalms that express our need or

longing for God or our searching for Him.

The day will weave together input sessions with time for silent personal reflection and prayer. Participants are invited to bring a copy of the Bible and writing materials.



6 Nov '21



09:00 – 16:30



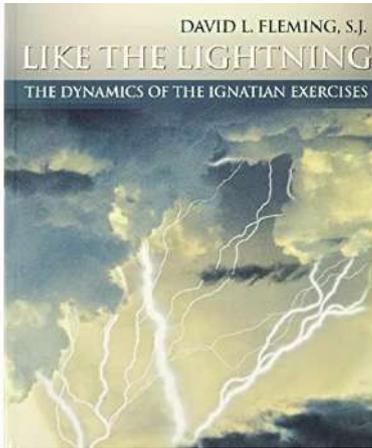
Mount St Joseph



Maria Theresa Portelli



CENTRE FOR IGNATIAN SPIRITUALITY



Like The Lightning (Seminar)

In this seminar, through the book “Like the Lightning,” by David L. Fleming, SJ, we will reflect on the Spiritual Exercises of St. Ignatius of Loyola in their integral makeup and in their overall movement. Thus, we shall try to shed light on the interrelationship of the many elements that are the engines of the dynamics of the Spiritual Exercises. Among the points we shall be examining will be: the dynamics of the Exercises;

faces of God; the First Week, an experience of God’s justice; values related to visions and strategies; discernment – heart and head.

Participants are required to have the book on which this seminar is based and to be ready to give a presentation on an article or chapter of a book which will be provided by the director of the seminar.



Wednesdays

starting on 24 Nov '21

(6 sessions)



19:00 – 20:30



Mount St Joseph



Fr Oliver Borg Olivier sj



CENTRE FOR IGNATIAN SPIRITUALITY



On wisdom in Rudyard Kipling's "If" and the Beatitudes

In this retreat we shall be trailing the path of wisdom as described in Rudyard Kipling's timeless poem "If", and its relation to the Beatitudes given to us by Jesus in the Sermon on the Mount. This experiential retreat will comprise Ignatian contemplation on the qualities of wisdom and the beatitudes through music, poetry,

Scripture and art. The retreat is aimed at helping us discover together a taste for wisdom and how the beatitudes given to us by Jesus have the power to transform the quality and experiences of our daily life.



→ **5 Dec '21 18:00**

→ **8 Dec '21 15:00**



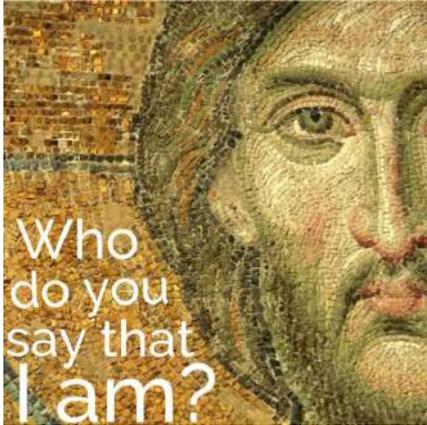
Mount St Joseph



Alda Anastasi



CENTRE FOR IGNATIAN SPIRITUALITY



The Surprising Figure of Jesus

During this retreat we'll get a glimpse of Christ's divinity while contemplating the humanity of Jesus of Nazareth and his personality – a personality that has enchanted individuals and crowds alike after Him.

This retreat is based on a booklet published by Elle Di

Ci, La Civiltà Cattolica Collana, «Chi è Gesù» (Who is Jesus?). The retreat will include moments of group reflection and time for personal prayer on the Bible passages about Jesus' personality. The scope of this being our deepening our relationship with Him.



→ **10 Dec '21 18:00**

→ **12 Dec '21 15:00**



Manresa House



Bernadette Briffa





Countryside Retreat: Jesus, the Good Shepherd

Do you sometimes feel the need of guidance for your life? Were you ever at a crossroads, with a difficult decision in front of you and didn't find the help you needed to make a good decision? Jesus told us He is the Good Shepherd that gives his life for the sheep. During this retreat we will have

outings in the countryside and will meet real shepherds that take care of their flock. We will also reflect and pray on how, in practice, we can make our decisions guided by the Spirit of Christ.



→ **04 Feb '22 18:00**

→ **06 Feb '22 15:00**



Manresa House



**Fr Christopher Vella sj,
Rosaline Scicluna**





Exploring the Encyclical “Fratelli Tutti”

The Encyclical “Fratelli Tutti” is a potent expression of faith in times of doubt, a call for hope in times of fear and a challenge to love. This Encyclical is a blend of Franciscan themes and Ignatian discernment, combined with the Catholic Social Teaching.

The Encyclical invites us to

an affective, reflective and imaginative relationship with the variety of ideas and arguments it presents to us.

We will ponder upon this Encyclical in eight meetings that will include a presentation of a theme, reflection and discussion in groups, prayer and a search for ways of putting these themes in action. These meetings are an invitation for conversion of our vision of life.



Wednesdays

starting on 5 Jan '22

(8 sessions)



19:00 – 21:00



Mount St Joseph

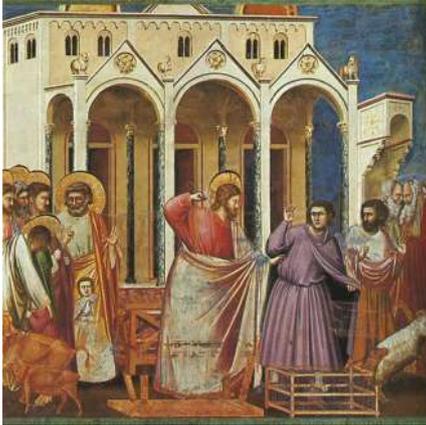


Fr Mark Ciantar ofm, Fr

Vince Magri sj, Josephine Vassallo, Maria Cardona in collaboration with the Justice and Peace Commission



CENTRE FOR IGNATIAN SPIRITUALITY



Faith and Art: Righteous Anger

Anger is a powerful emotion which we sometimes struggle with, especially in the face of injustice. With the help of Giotto's depiction of the expulsion of the money changers from the Temple we reflect on what makes God angry and how we experience anger in our society today.



Fridays

starting on 4 Feb '22

(4 sessions)



19:00 – 20:30



University Chaplaincy



Sandro Rossi, Giulia

Privitelli & guest speakers



CENTRE FOR IGNATIAN SPIRITUALITY



Lenten Reflections: “Lord teach us to pray”

A series of weekly Lenten reflections during which there will be a time of prayer and concluding mass. We’ll start with Ash Wednesday mass on 17 February, followed by three meetings with the theme, “Lord teach us to pray”. Each meeting will end with the celebration of the

Eucharist. We will conclude on 17 March with a prayer meeting where everyone will be invited to participate.



Wednesdays
starting on 2 Mar '22
(5 sessions)



19:00



Mount St Joseph



Fr Godwin Preca,

**Claudette Baluci & Alda
Anastasi**



CENTRE FOR IGNATIAN SPIRITUALITY



Seminar: Reflecting on Ignatian Spirituality Through Film

On the occasion of 500 years from the conversion of Saint Ignatius of Loyola, we intend to examine and understand more deeply some fundamental aspects of Ignatian spirituality, such as Ignatian indifference or better interior freedom; freedom and choice; the grace of the Third Week: suffering with the suffering Christ; the Two

Standards... Among the films we shall be watching together will be *The Mission*, *The Giver*, *Calvary*, and *The Devil's Advocate*.

Each meeting will start with a brief introduction and then the projection of a film, followed by sharing on the film. Participants are required to part in both parts of the sessions.



Fridays

starting on 11 Mar '22

(5 sessions)



18:30 – 21:30



Mount St Joseph



Fr Oliver Borg Olivier sj



CENTRE FOR IGNATIAN SPIRITUALITY



Weekend for families with children: Growing or Flourishing?

Family is a good thing, children are a good thing, but everybody grows. How is your family growing? In age only? What is changing in your family along the years? If you wish to take a break from routine, this weekend is an opportunity for a breath of new life for your family. There will be

discussions, activities for adults and for children, outings in the countryside in an ambience of friendship. There will also be moments of reflection and prayer together. The children will be taken care of by dedicated persons.



→ **04 Mar '22 18:00**

→ **06 Mar '22 15:00**

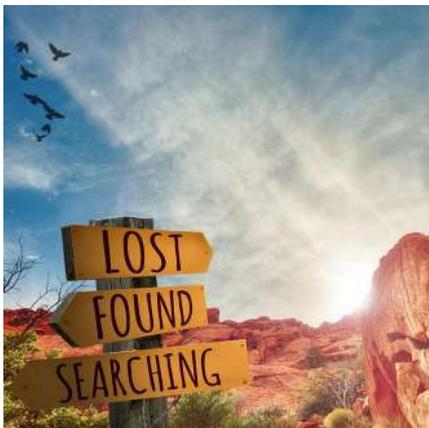


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**Fr Paul Chetcuti sj and
helping couples**





Pilgrimage Retreat: Lost & Found [14 persons]

If there is anything that drives us crazy is that moment when we realise we have lost something. And, on the other hand, there is nothing that makes us feel better than when we find the thing that we lost!

During this year's Pilgrimage Retreat, we will be meditating on the three Parables of Lostness in Luke Chapter 15. A sheep, a coin, and a son are lost to a shepherd, a woman, and a father respectively. And there is great joy when these are found! What does it mean to be lost and to be found? We are so highly valued by God that God would not let us stay lost!

This retreat will consist of input sessions, time for personal reflection, as well as shared prayer and the opportunity to experience the ancient form of prayer known as the 'Labyrinth'.



↳ **04 Mar '22 18:00**

→ **06 Mar '22 15:30**



Mount St Joseph



Marion Agius, Frank

Mifsud & Maria Theresa Portelli



CENTRE FOR IGNATIAN SPIRITUALITY



Families retreat: Seeing through Christ

To the blind man of Bethsaida, Jesus asked “Do you see anything?” “I see people, they look like trees walking around”. Sometimes, we too are like the blind man trying to make out what is happening in our lives and that of our family. In this 500th Anniversary year of St Ignatius’ conversion we are being given an opportunity to let ourselves risk seeing all things new in Christ. Keeping Christ at the

centre will change us and free us and help us discover more what God dreams for us. We invite you to the families retreat to experience this amazing journey of conversion.



→ **11 Mar '22 18:00**

→ **13 Mar '22 15:00**



Mount St Joseph



Cristina Spiteri, Jackie Saliba & Fr Christopher Vella



CENTRE FOR IGNATIAN SPIRITUALITY



Retreat for Priests: Jesus' Questions

Amongst other means, Jesus uses questions to teach his disciples. He used simple questions addressed to these men – workers, fishermen – with the intent of helping them go deeper and find the meaning of their life. He aims these questions at us too today. Learning to ask questions is a sign of maturity.

Questions are good if they really help us go deeper in ourselves and find the answers that Jesus deserves and is seeking from us.



→ **13 Mar '22 18:00**

→ **16 Mar '22 14:00**



Manresa House



Fr Tony Calleja sj





From Pain to Wisdom

"I'm losing my mind"

"I feel like I'm in a rut and can't find a way out"

Words of discouragement coming from an aching heart. Words from someone who feels lost or is drowning. Life is a journey during which we learn how to live – nobody is born

wise.

We wish to encourage you to come if you're feeling lost and don't see a solution to your problem... come. A word from someone might be enough. You might also find someone who understands you or you might discover Jesus as your consoler.



↳ **25 Mar '22 18:00**

→ **27 Mar '22 15:00**



Mount St Joseph



Roslyn Spiteri, Jackie

Drury, Fr Godwin Preca sj





“Show us the Father...”

God the Father created us for union with Him and wants us to choose to love Him freely. That is why the Father sent his Son in the world: to show us the way that leads us to Him. Jesus did this by taking on himself all our rejections of his love for us. The Crucified Jesus is our Saviour and the Way that leads us to the Father of Life.



↳ **1 Apr '22 18:00**

→ **3 Apr '22 15:00**



Manresa House



Fr Victor Degabriele sj





“Sapendo queste cose, siete beati se le mettete in pratica” (In Italian)

Siamo la Comunità della Cena e della lavanda dei piedi, eletti e abilitati a vivere una vita filiale e fraterna, testimoni del trascendente in un mondo pagano (Gv 13,1-17). Gesù, tentato nel deserto (Lc 4,1-12), vive da Figlio ed è per noi il Maestro che ci indica la via da percorrere nella Chiesa e

con la Chiesa, nel mondo. Durante questo ritiro cercheremo di rinnovare la nostra fede in Gesù a partire del testo della lavanda dei piedi e delle tentazioni di Gesù nel deserto.



↳ **8 Apr '22 18:00**

→ **12 Apr '22 15:00**

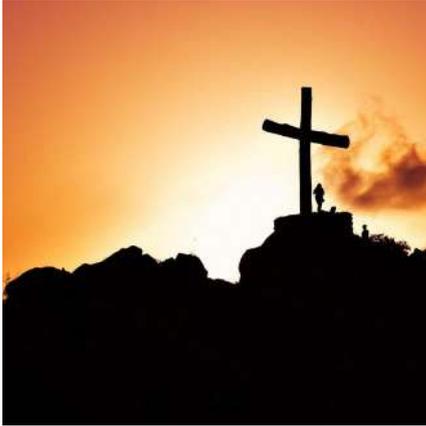


Manresa House



Fr Cesare Bosatra sj





Easter Triduum in recollection

This is an occasion to live these last days of Holy Week in recollection and prayer. We'll have talks, all the liturgical celebrations (We'll go outside of the house for the Easter Vigil), time for personal prayer, walks in the countryside, moments of sharing and the possibility of the sacrament of reconciliation. All of this in an environment

of peace and tranquillity

conducive to deep prayer and reflection on the most important mystery of the Christian faith.



↳ **14 Apr '22 18:00**

→ **17 Apr '22 09:00**



Mount St Joseph



**Fr Christopher Vella sj and
team**





Walking with Ignatius: a Journey of Conversion

In the year in which we are celebrating 500 years from the conversion of Saint Ignatius of Loyola, during this retreat we wish to walk with Ignatius on his pilgrimage from Pamplona, where he was wounded, to Rome, where he died, so as to follow his spiritual

pilgrimage and go deeper

into the movement of continuous conversion. For this retreat, we shall be using the autobiography of St. Ignatius, the book of the Spiritual Exercises and, of course, the Bible.



↳ **19 Apr '22 18:00**

→ **27 Apr '22 18:00**

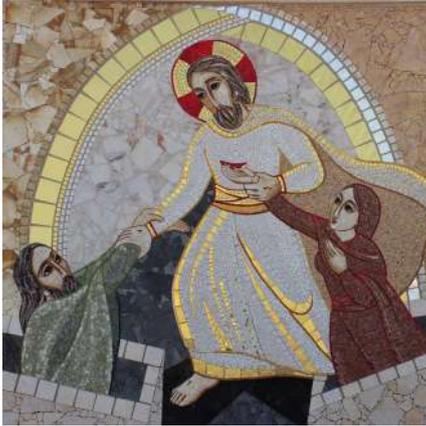


Mount St Joseph



Fr Oliver Borg Olivier sj





The Glorious Mysteries at Ta' Pinu

Icons are full of meaning and through the use of this pictorial language they can convey to us in a different way the mysteries they portray. This year we will focus on the first three glorious mysteries (Resurrection, Ascension, Pentecost), through the icons on the parvis of the Ta' Pinu Sanctuary.



↳ **29 Apr '22 18:00**

→ **01 May '22 15:00**



Manresa House



**Fr Gerard Buhagiar,
Rector of the Ta' Pinu
Sanctuary**





The Son sends the Holy Spirit

“When he had said this, he breathed on them and said to them, Receive the Holy Spirit.” Jn 20:22. Jesus, the Son of God, has shown us the way to the Father and entered his Father’s glory. However, He did not leave us alone: He sent the Holy Spirit, the Paraclete, to

help us stay on the path Christ showed us. During this retreat, we will open ourselves to receive the Holy Spirit again.



↳ **06 May '22 18:00**

→ **08 May '22 15:00**



Manresa House



Fr Victor Degabriele sj





A new experience: Using a Labyrinth to Pray* [14 persons]

Are you willing to experience a new form of prayer? If yes, we invite you to embark on a spiritual pilgrimage by using the Labyrinth Prayer! This will involve walking a prepared Labyrinth which leads to a 'sacred space' that offers a deeper knowing of God. It is an ancient form of a walking meditation that has been used for centuries for prayer, ritual, and personal and

spiritual growth.

Come along for this one-day experience in the beautiful surroundings of Mount St Joseph as we celebrate World Labyrinth Day and join other seekers from around the globe who use this method of prayer as a tool to intensify their relationship with God.

* Content of this retreat will be different from previous years'.



CENTRE FOR IGNATIAN SPIRITUALITY



2 May '22



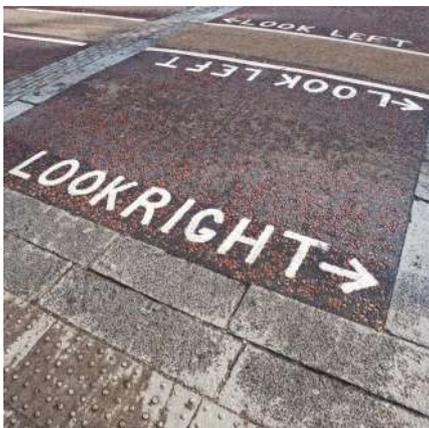
09:00 – 16:30



Mount St Joseph



**Maria Theresa Portelli &
team**



Seminar: Political Discernment in the first Book of Samuel (in English)

On settling down in the land of Canaan, the Israelites led an agrarian life forming a loose confederation of tribes. In times of distress, charismatic leaders led and saved them from their enemies. Each tribe had a great deal of autonomy, and whenever there was a common threat, the tribes generally collaborated. At a certain point they asked to have a king like

their neighbours, and both God and Samuel reluctantly acceded to this request. This seminar will focus on the discernment, or lack of it, that we find in the pro- and anti-monarchic accounts in the first book of Samuel in connection with the theme of discernment in the Spiritual Exercises of St Ignatius – including the discernment necessary for correct political choices. There will be time for reflection and personal prayer.



↳ **13 May '22 18:00**

→ **15 May '22 15:00**



Mount St Joseph



Prof. Anthony J. Frendo



CENTRE FOR IGNATIAN SPIRITUALITY



Retreat: "I am the Bread of Life"

Bread... our basic food. Jesus wanted to stay with us under the form of Bread. In the sixth chapter of the Gospel of John, Jesus speaks of Himself as the Bread of Life and declares that there is no other food that gives us life. During this retreat, we will have moments of prayer on this

discourse while baking our own bread with the help of someone who bakes bread as a hobby.



↳ **20 May '22 18:00**

→ **22 May '22 15:00**



Mount St Joseph



**Fr Christopher Vella sj and
Cristina Spiteri**



CENTRE FOR IGNATIAN SPIRITUALITY



A Marian retreat in Lourdes

Do we know Mary of Nazareth? Who was she, and who is she today for us? A three-day retreat to get to know Mary better. Mother of Jesus, Mother of God, Mother of all of us. A woman though, about whom we don't know that much if we had to stop and think. During this retreat there will be reflections on these themes:

1. Mary of Nazareth, a Jewish girl of the first century. What kind of woman was Mary? How can today's woman still identify with Mary?
2. Mary in Scripture. How the Old Testament already pointed at Mary and what we get to know about her from the New Testament.
3. Mary who teaches us how to pray. What message does Mary have to us today?



To be announced



Lourdes, France



**Fr Godwin Preca SJ and
Claudette Baluci**

