

HOW TO GET THERE?

By bus, train or plane:

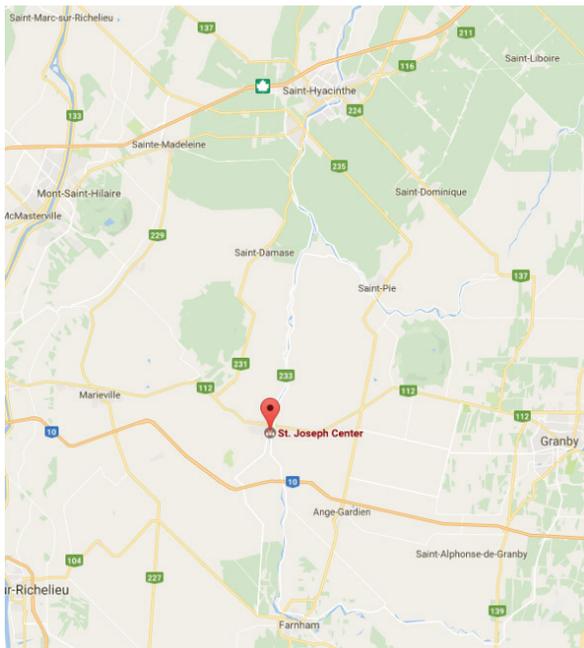
Please send your schedule to the Retreat House, we will pick you up either in Montréal, Granby, Saint-Césaire or Saint-Hyacinthe.

By car from the West, for example from Ontario.

From Montréal: Take Champlain Bridge; HWY 10 East; Exit 48. Pass over the HWY, continue, turn to Rang du Pipeline on the right. At the end, take a left, the Retreat House will be on your right, beside the Parish Church, facing the Jean Coutu pharmacy.

By car from East, for example from Quebec City.

From Lévis: Take HWY 20 West. Exit 128. Go south on Avenue Pinard, then turn left on Grand Rang (at the T intersection). After about 500 m, turn right on Boulevard Casavant, and after about 2 km, right on Rue Frontenac at the T intersection. After about 5 km, take a left on Rue Frontenac/QC-233S (you keep following the river). After a little more than 19 km (soon after crossing QC-112), you will find the Retreat House on your left, beside the Parish Church of Saint-Césaire.



WHAT DO I NEED TO BRING?

First of all, a spirit of faith and confidence in God, Who can work wonders by His Divine Grace, through the merits of Our Lord Jesus Christ.

Bring:

- rosary
- missal
- Christian Warfare book
- notebook with pen

You may also bring a copy of the Imitation of Christ and the New Testament. Please do not bring any other reading materials.

Bedsheets and towels are provided for by the retreat house, but please bring personal toiletries (including soap).

DRESS CODE

The St. Joseph Centre is a religious house, and as such, you are asked to ensure that you are properly attired at all times. Clothing should be modest and comfortable but, not casual.

Clothing which is considered inappropriate includes:

- t-shirts with logos
- shorts
- sports outfits
- denim jeans
- short sleeves
- short or tight skirts
- pants (for ladies)

SPIRITUAL EXERCISES OF SAINT IGNATIUS 2019

~ Five days ~



Given by the Roman Catholic Priests of the Society of St. Pius X (Traditional Latin Mass) at the St. Joseph Centre

**To register for your retreat
DO NOT DELAY!**

Fill out the registration form included and send it to the address below, or email it:

Retreats in English

*St. Joseph Centre
1395 Rue Notre-Dame
Saint-Césaire, QC
J0L 1T0, Canada*

Please contact Fr. Christoph Pfluger
retreats.canada@gmail.com

2019 RETREATS' SCHEDULE

THE SPIRITUAL EXERCISES OF ST. IGNATIUS:

Praised by all the popes: " This code so perfect ... which every soldier of Jesus Christ should use " (Pius XI).

For men (minimum 18 years old)

- ✘ 5 days **February 18 – February 23**
- ✘ 5 days **May 26 – May 31** (in Winnipeg, MB)
- ✘ 5 days **August 4 – August 9** (in New Hamburg, ON)

For women (minimum 17 years old)

- ✘ 5 days **February 4 – February 9**
- ✘ 5 days **June 16 – June 21** (in Winnipeg, MB)
- ✘ 5 days **July 28 – August 2** (in New Hamburg, ON)
- ✘ 5 days **September 15 – Sept. 20** (in Winnipeg, MB)

Nobody should be prevented from coming to the retreat for financial reasons. However, the suggested donation is CAD \$250.

Note: All our English retreats start on Monday at 11:30 am unless indicated otherwise. They end on Saturday at 1:00 pm.

Why go on a Retreat?

You converted recently. You thirst to learn more about the Catholic faith that is now at the centre of your life. You want to learn how to live as a good Christian in this corrupted world. Come to the five day retreat of St. Ignatius. You

will get the straight answers you are looking for.

You are burdened with sin, and you don't know how to deal with it. We do have the answer for you: the Spiritual Exercises of St. Ignatius. There, you will find the strength and the weapons for victory.

You have been Catholic for a long time, even for your whole life. Now you feel that *the practice of your religion is becoming a routine.* At times, *you even have some doubts about the faith or about Tradition.* You absolutely need to straighten out your life before it is too late. Come quickly to the retreat!

You are about to take important decisions that will affect your career, the future of your family and the education of your children... The retreat will give you the best opportunity to make the right decision, putting everything in the right place. Take time to think about it during a good retreat!

You want to become more fervent and to improve your spiritual life. You need the Spiritual Exercises. It is a proven method, approved by the Church and recommended by many saints.

But, I have no time!

No, it is not true! *If you really want to come, you will find time.* This is a very serious matter: the eternal salvation of your own soul. Review your agenda.

But, I am not very instructed!

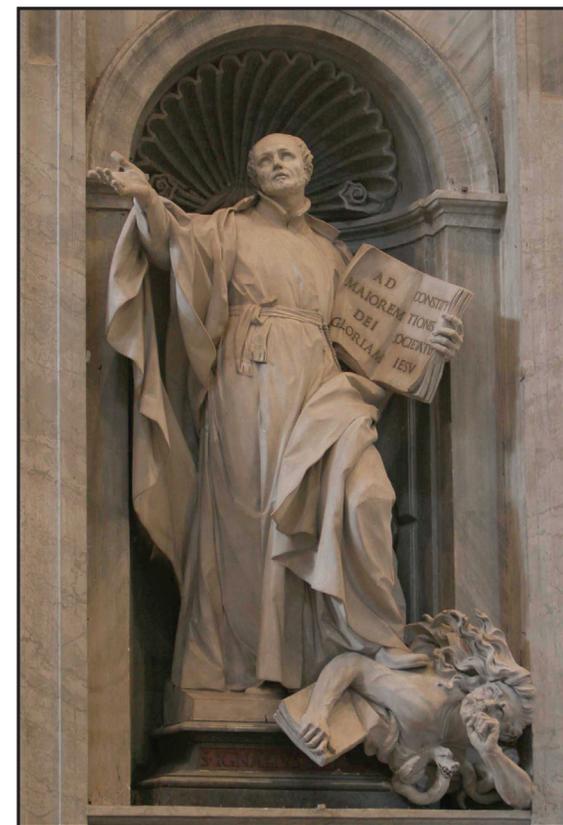
All right! *The retreat is a wonderful method that is available to all men,* like the preaching of Our Lord.

**Others need to go for a retreat,
I don't.**

Are you really sure you are a saint? So many times, we have heard retreatants telling us at the end of the retreat that, before coming, they never realised how much they needed to come to the retreat.

Register ASAP.

Our friendly staff are waiting for you.



***Pull Yourself Together
in 5 Days!***

*Un programme des Retraites en français
est aussi disponible.*