



# Mount Carmel Spirituality Centre

invites you to come join us  
for this one day retreat

## *I feel Empty when I Pray*

July 27<sup>th</sup> 2019



Talks given by  
Fr. Mario Fernandes, OCD  
Director of the Centre

All Are Welcome  
at Mount Carmel Spirituality Centre  
1225 Township Rd 535, Parkland County  
T7Y 0H5  
780 963 0896

Please bring your own lunch  
Admission is free. All donations are welcome and greatly appreciated.



"We must dig deeply in Christ.  
He is like a rich mine with many pockets containing  
treasures: however deep we dig, we will never find  
their end or their limit.  
Indeed, in every pocket, new seams of fresh riches  
are discovered on all sides."

---St. John of the Cross

Through the cross of our Lord Jesus Christ  
and the intercession of Saint John  
may we treasure the gifts of life, which God has given us!

10:00am Holy Mass

10:30 to 11:30 Talk **Hearing God in Silence and St. John of the Cross**

11:35 to 12:00 Questions and Answers

12:00 to 12:30 Time with Jesus Adoration

12:30 to 1:30 Lunch

1:30pm to 2:30pm Talk **I feel Empty when I Pray and St. John of the Cross**

2:30 to 3:00 Questions and Answers

3:00 Divine Mercy Chaplet

3:15 Movie (one hour) St. John of the Cross