



Mount Carmel Spirituality Centre

1225 Township Road 535
Parkland County, Alberta T7Y 0H5

...run by the Discalced Carmelite Order, OCD
for Canadian Carmelite Charitable Society



Everyone is welcome
to our One-Day Retreat

Saturday, January 18th 2020

Life In The Spirit

Come and encounter
the power of the Holy Spirit in Your Life

10:30 to 11:30 talk **Holy Spirit,
I Need You**

11:30 to 11:45 Break

11:45 to 12:30 talk **Gifts of the Holy
Spirit in My Life**

12:30 to 1:30 Lunch (Bring Your Own)

1:30 to 2:00 Questions

2:00 to 3:00 talk **Holy Spirit,
Change My Life**

3:00 to 3:30 Divine Mercy Chaplet &
Confessions

4:00 *Holy Mass*

CCC 683 **"No one can say 'Jesus is Lord' except
by the Holy Spirit."** [1 Cor 12:3]

**"God has sent the Spirit of his Son into our hearts,
crying, 'Abba! Father!' "** [Gal 4:6]

This knowledge of faith is possible only in the Holy Spirit: to be in touch with Christ, we must first have been touched by the Holy Spirit. He comes to meet us and kindles faith in us. By virtue of our Baptism, the first sacrament of the faith, the Holy Spirit in the Church communicates to us, intimately and personally, the life that originates in the Father and is offered to us in the Son. [CCC [424](#), [2670](#), [152](#)]

Baptism gives us the grace of new birth in God the Father, through his Son, in the Holy Spirit. For those who bear God's Spirit are led to the Word, that is, to the Son, and the Son presents them to the Father, and the Father confers incorruptibility on them. And it is impossible to see God's Son without the Spirit, and no one can approach the Father without the Son, for the knowledge of the Father is the Son, and the knowledge of God's Son is obtained through the Holy Spirit. [St. Irenaeus, Dem. ap. 7: Sch 62, 41-42] [CCC [249](#)]



**Cost:
Donation**

**Retreat given by Fr. Mario Fernandes, ocd
Director of the Centre**

He has a Masters Degree in Sociology, Bachelor of Arts and Philosophy, Counselling in Addictions, and CPE (Clinical Pastoral Education).

He has given many talks and retreats in Canada & U.S.



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IMPORTANT! (Please remember to BRING YOUR OWN LUNCH)