



# 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

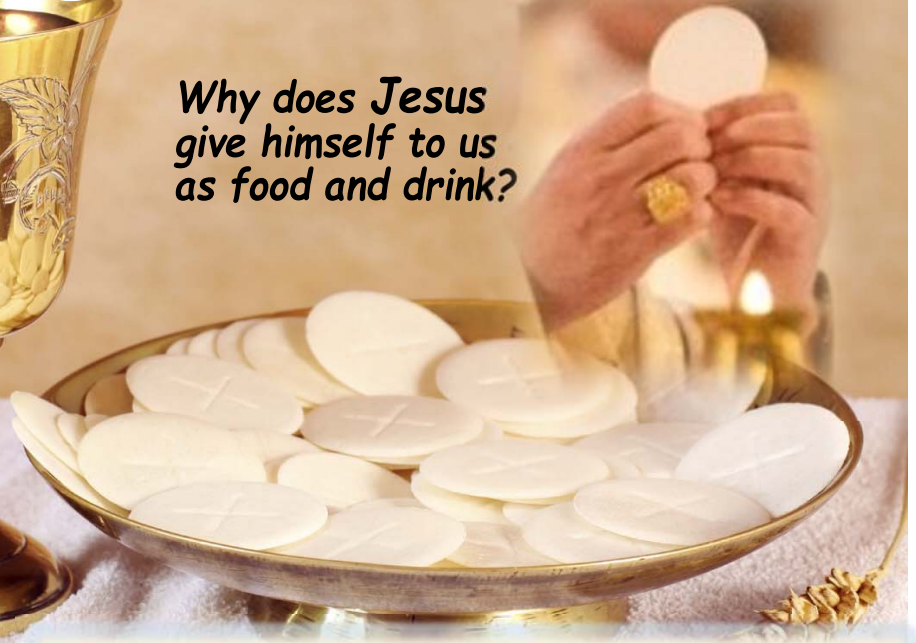
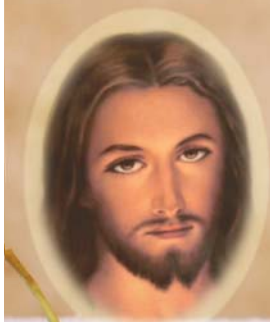


Everyone is welcome  
to our One-Day Retreat

**Saturday, February 22<sup>nd</sup> 2020**

# The EUCHARIST

*Why does Jesus  
give himself to us  
as food and drink?*



Jesus gives himself to us in the Eucharist as spiritual nourishment because He loves us. God's whole plan for our salvation is directed to our participation in the life of the Trinity, the communion of Father, Son, and Holy Spirit. Our sharing in this life begins with our Baptism, when by the power of the Holy Spirit we are joined to Christ, thus becoming adopted sons and daughters of the Father. It is strengthened and increased in Confirmation. It is nourished and deepened through our participation in the Eucharist. By eating the Body and drinking the Blood of Christ in the Eucharist we become united to the person of Christ through his humanity. "Whoever eats my flesh and drinks my blood remains in me and I in him" (Jn 6:56). In being united to the humanity of Christ we are at the same time united to his divinity. Our mortal and corruptible natures are transformed by being joined to the source of life. "Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me" (Jn 6:57).

- 10:30 to 11:30 talk **Understanding the Eucharist**
- 11:30 Break
- 11:35 to 12:00 Time with Jesus (Adoration)
- 12:00 to 1:00 talk **God is everywhere Why to go to Church?**
- 1:00 to 1:45 Lunch (**Bring Your Own**)
- 2:00 to 3:00 talk **Holy Eucharist has the power to change our lives**
- 3:00 to 4:00 **Divine Mercy Chaplet, Rosary & Confessions**
- 4:00 **Holy Mass**

**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.



*Cost:  
Donation*

**IMPORTANT! (Please remember to BRING YOUR OWN LUNCH)**

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