



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
Charity # 814108346 RR 0001



Everyone is welcome
to our One-Day Retreat

Saturday, Dec 19th 2020

The Light of our Life is the Birth of Jesus



Understanding Advent helps us
to prepare well for Christmas

Advent Retreat

- 10:30 to 11:00 talk **Introduction**
- 11:00 to 11:30 **Saturday Marian Mass**
- 11:40 to 12:40 talk **Prepare the manger
in your heart for Jesus**
- 12:40 to 1:40 **Lunch**
(Bring Your Own)
- 1:45 to 2:45 talk **Child Jesus - My Light**
- 3:00 **Divine Mercy Chaplet**
- 3:20 **Confessions**
- 4:00 **Holy Mass**



Advent is a season of four weeks in the Church Year devoted to preparation for the Coming of Christ at Christmas. The name 'Advent' comes from the Latin word *adventus*, which means 'coming'.

It is also a season that directs our minds and hearts to await Christ's Second Coming at the end of time.

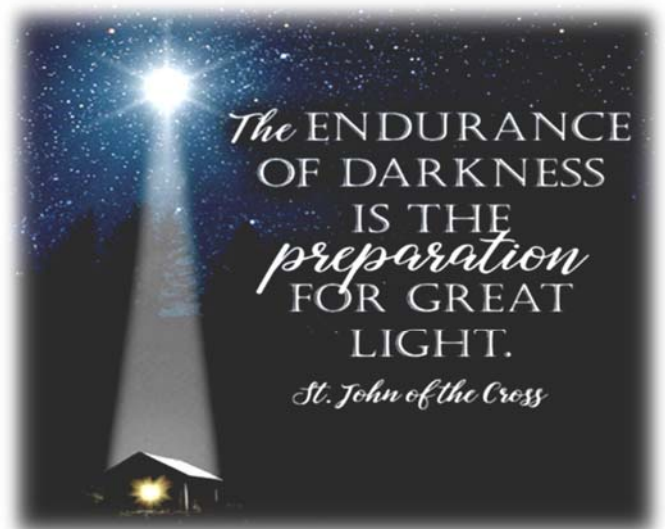
When the Church celebrates the season of Advent each year, it makes present for the faithful participating in its public worship the ancient expectancy of the Messiah, or Christ.

By sharing in the preparation for the Savior's First Coming, the faithful renew their ardent desire for His Second Coming.

**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.



IMPORTANT! (Please remember:

BRING YOUR OWN LUNCH & MASK)



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