**RETREAT OVERVIEW 2021**

1. **Aims of the retreat**: (there is a new selection of topics and examinations of conscience)

* *May you seek Christ. May you find Christ. May you love Christ.* The goal for the retreat.
* To take advantage of the retreat in Holy Week to accompany Our Lord and learn from his love for all, his humility and patience and serenity in front of the hardships.
* To use the retreat to increase in piety aiming at pushing those on the list of St. Joseph.

**2 Topics for talks**:

1. Unity of life: living and transmitting one's convictions; authenticity; coherence; growing in virtue to identify with Christ; sincerity: with God, with myself and with others; abandonment in God's hands; trust in God; humility; simplicity; life of faith.
2. Heart in love: free to love; fidelity; gratitude; gift and grace of God; interior purity (rectitude of intention); holy purity; a path that is discovered.
3. Co-redeemers with Christ: to have a Christian impact on the family, work, and social environment; to transform the world from within; to value the eternity of one's life; to have a vision of hope; the sanctification of study and work: everything I do has value in God's eyes; every good act contributes to bringing the world to God; transmitters of peace and joy, sense of sacrifice; the hinge of our sanctification.
4. Character and personality; personal knowledge; self-esteem; affectivity; integral formation; empathy.
5. Vocation and sense of mission: we are apostles; the apostolate as an expression of love; identity and mission; joy and good humour: smiling is a consequence of inner peace; being good and doing good gives us joy and peace and rest.

**3 Book to read:** “Our Lives in his hands”.