

Midday Retreat with the Mystics



SAINT JOSEPH'S
— SEMINARY AND COLLEGE —



3rd Saturday
of Every Other Month
Starts at 11:00am
Begins September 21

St Joseph's Seminary at Dunwoodie
201 Seminary Ave
Yonkers, NY

AN OASIS OF CONTEMPLATION

So many in our busy and hectic world today feel the need for prayerful silence and interior recollection. But it's hard to get away to a monastery! So we'll be offering **an oasis of contemplation** at **St. Joseph's Seminary**, learning from the great Saints and mystics of the Church and through their guidance entering into prayer.

St. Joseph's Seminary will be offering a "Midday Retreat with the Mystics" **the 3rd Saturday of every other month**. Each month will showcase the spiritual teaching of one particular Saint or mystic. We will sit at their feet and allow them to help draw us into the riches of the spiritual life and into the depths of God.


Fr. Ignatius John Schweitzer, O.P. will give a talk on the spiritual life based on the doctrine of the mystic of the month. Then we will have **Eucharistic Exposition** with periods of silence, along with some **guided meditations** based on the holy person we are highlighting that day. There will also be the opportunity to be prayed over and anointed with the Oil of St. Elizabeth of the Trinity, beseeching the Lord for graces of deeper prayer. We'll go 12 pm to 3pm but feel free to leave as you need to.

- **11:00 am** Mass (optional)
- **12:00 pm** Conference Talk
(on the particular Saint chosen for that day)
- **1:00-3:00 pm** Exposition of the Blessed Sacrament
(with periods of silence and guided meditations from the Saint)
- **3:00 pm** Q & A and Social (with light refreshments)

Sept. 21, 2024	St. Catherine of Siena
Nov. 16, 2024	St. Teresa of Avila
Jan. 18, 2025	Bl. Concepcion Cabrera de Armida
Mar. 29, 2025	Jean-Pierre de Caussade (5th Saturday this month)
May 17, 2025	St. Teresa of Calcutta

To stay up-to-date, visit www.UpperGarden.org and click on the "NEWS & EVENTS" tab.

The months in between the Retreat will be held at St Catherine of Siena, 411 E. 68th St. in Manhattan
For more info go to dominicanhouseofprayer.com

 **YouTube LiveStream**
youtube.com/@saintjosephsseminaryandcol17384

Recorded Retreat can also be viewed here
youtube.com/c/DominicanHouseOfPrayer



Please register through Eventbrite:
[SJMIDDAYRETREATMYSTICS.eventbrite.com](https://www.eventbrite.com/e/sj-smidday-retreat-mystics)

