



Our Lady of Perpetual Help Retreat and Spirituality Center

3989 South Moon Drive
Venice, FL 34292

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Newsletter

January 2023

Upcoming New Retreat

February 25-26, 2023

Overcoming Spiritual Discouragement: An Ignatian Path to Hope

All of us experience ups and downs in our daily spiritual life: times when God feels close and we have spiritual energy, and times when that energy wanes, and we struggle with discouragement. In fourteen practical guidelines (“rules”), St. Ignatius of Loyola offers invaluable aid toward understanding this experience, finding freedom from discouragement, and living our daily lives with joy. If this teaching is perennially important, it is more so now in such uncertain times. In this retreat, we will explore St. Ignatius’ teaching and apply it to our experience through concrete examples. The retreat will include talks, Mass, opportunities for Confession, and time for questions.



This is a Commuter retreat scheduled for Saturday and Sunday, February 25-26, 2023. The retreat starts at 8:30am and concludes at 4:00pm each day. It includes continental breakfast and lunch. The cost is \$150.00. [Click here to register.](#)

Location:

**San Pedro Catholic Church - Activities Center
14380 Tamiami Trail, North Port, FL 34287**

We are honored to have Fr. Timothy Gallagher, OMV from Denver, CO as the spiritual director for this retreat. Fr. Gallagher's name may sound quite familiar as he is the author of numerous best selling books including *The Discernment of Spirits*, *Meditation and Contemplation*, *An Ignatian Introduction to Prayer*, and *Discerning the Will of God*.

Fr. Timothy was ordained in 1979 as a member of the Oblates of the Virgin Mary, a religious community dedicated to retreats and spiritual formation according to the Spiritual Exercises of St. Ignatius. Having obtained his doctorate in 1983 from the Gregorian University, he has taught (St. John's Seminary, Brighton, MA; Our Lady of Grace Seminary Residence, Boston, MA), assisted in formation work, and served two terms as provincial in his own community. He has dedicated many years to an extensive international ministry of retreats, spiritual direction, and teaching about the spiritual life. He is a frequent speaker on the EWTN religious network and his digitally recorded talks are utilized internationally. He has written many books on Ignatian discernment and prayer, on the Venerable Bruno Lanteri, and on the Liturgy of the Hours. He currently holds the St. Ignatius Chair for Spiritual Formation at St. John Vianney Theological Seminary in Denver.

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Our offices are closed until further notice. You may reach Fr. Mark and Fr. Shawn directly via email:
Fr. Mark Yavarone, OMV: yavarone@olph-retreat.org
Fr. Shawn Monahan, OMV: monahan@olph-retreat.org



Monthly Day of Prayers

The Monthly Day of Prayer is an opportunity to take time out of our busy and hectic lives to focus on God and devote time to prayer and reconciliation. The Monthly Day of Prayer is led by an OLPH priest. The cost is \$40.00 and includes a continental breakfast and lunch. Please see below for the upcoming topics. Due to the impact of Hurricane Ian on OLPH, sessions have been re-located to local parishes.

Note: The conference topics are the same for each session in a respective month, so please choose the day that is compatible with your schedule.

- **Jan. 11, 2023 (Wednesday):** Education Center of Our Lady of Lourdes Parish in Venice, FL
- **Feb. 12, 2023 (Sunday):** Epiphany Parish Center in Venice, FL
- **Feb. 22, 2023 (Ash Wednesday):** Education Center of Our Lady of Lourdes Parish in Venice, FL

[Click Here to Register](#)

January's Topic

“Part Three of Healing the Broken Hearted: CPR HAS Failed & Identity Theft”

presented by Fr. Shawn Monahan, OMV

Having addressed the basic needs and desires of every heart, Fr. Shawn will continue the journey to healing our broken hearts as he highlights the 7 Identity wounds Dr. Bob Schuchts addresses in his book “Be Transformed”: Confusion, Powerlessness, Rejection, Hopelessness, Abandonment, Shame, and Fear. Each of these wounds robs us of our true identity as God’s beloved and replaces it with false identity such as “I am unloved, unwanted, unprotected, etc.” Adam and Eve experienced them first and so will we to some ‘degree.’ The question is: which ones have we majored in and how can we restore our true identity.

Please note: It is not required to have attended the previous Days of Prayer to participate in this session. A brief recap of previous presentations will be given.

February's Topic

“Discerning God's Will”

presented by Fr. Mark Yavarone, OMV

How do I know what God wants me to do? While we all know that it is never God’s will for us to choose something evil, suppose my choice is between two or more good things like marriage vs. religious life, or retirement vs. remaining in the work force? In our February’s Monthly Day of Prayer, Fr. Mark Yavarone, OMV, will share the wisdom of St. Ignatius of Loyola on this question.

This session is a great precursor to Fr. Tim Gallagher’s February 2023 weekend retreat, “Overcoming Spiritual Discouragement,” which will contain the related topic of St. Ignatius’ rules for discernment of spirits; however, the day will be beneficial even if you are not attending the February retreat.