
SPIRITUAL RETREAT

AUGUST
2025



Orden de la Compañía de María Nuestra Señora
PROVINCIA DEL PACÍFICO
| *Order of the Company of Mary Our Lady*

Time to
Sow
with
H O P E

August



RETREAT FOR THE MONTH OF AUGUST 2025

Get up and set out as a pilgrim of hope, so that, as Mary did with Saint Elizabeth, you can also bring announcements of joy, generate new life and be artisans of fraternity and peace."

"Called to sow hope and build peace."

Each one of us, in his place, in his state of life, can be, with the help of the Holy Spirit, a sower of hope and peace.

*Sow
With
H O P E*

A different world will be possible
Only when we overcome the dominion of the
circumstances that stifle our advance with the courage
of planting seeds of goodness with hope



Mary is a contemplative of the mystery of God in the world, in history and in daily life. She is the praying and working Woman of Nazareth and she is also Our Lady of Promptness, who goes out, without delay, to help Elizabeth. (Luke 1:39).

How can I be a sign of hope in my Community?

What are the seeds of good that I sow in my Community?

What does the Lord say to me and what does he ask of me through the Constitutions Article II to live this renewal? (August 15)



We each
reap
what we
sow



To sow hope in order to **live** with joy and passion our following of Jesus as members of a poor Church, for the poor, with the poor and at the service of the Kingdom.

To sow hope, to **welcome**, to open one's arms and to let oneself be approached by others, making a place for them in the depths of one's heart.

To sow hope in order to **accompany**, that is, to prolong in our daily life the spirit of hospitality and mutual encouragement.

To contemplate Mary, the New Woman, who sows hope in her path... she goes out quickly to encounter life... which implies opening oneself to the world, to the beauty of a dynamic and creative life that calls for continuous openness.

Sowing hope means letting oneself be touched by the reality of the other in order to seek equilibrium together so that new relationships of reconciliation and forgiveness may emerge.

We cannot go out to sow without taking the seed with us. Before we think of proclaiming the Gospel to others, we must welcome it within the Church, in our communities and in our lives. It is a mistake to feel that we are the depositories of the Christian tradition with the sole task of transmitting it to others. A Church that does not live the Gospel cannot spread it. A community where there is no desire to live in the footsteps of Jesus cannot invite anyone to follow him.

Now, think about your mission to go out, like Jesus, every day to sow...

The first thing is to get out of our house. This is what Jesus always asks of his disciples: "Go into all the world...", "Go and make disciples...". To sow the Gospel we must go beyond our security and our interests. To evangelize is to "move", to seek the encounter with people, to communicate with the man and woman of today, not to live closed in our own little world.

In this celebration of the Assumption, let us pray with Mary based on our Constitutions: Art. X Const. 3. Arti. VI Const. 6. Art. II. Const. 3

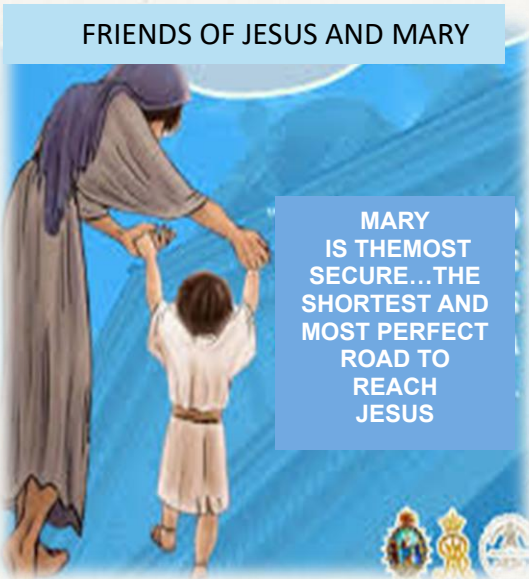
To what extent is the desire to create a more human world something that drives you to act and bear witness with your life?

What is new for you, renewing the Vows this year?



Talk for a while with Mary Our Lady, explain to her how your mindset at this moment, how you feel... Be silent and listen to her...

I renew my love and my commitment to Jesus and I think: What is Jesus inviting me to today, in this renewal of my vows?



Mary teaches us like no one else to follow Jesus, proclaiming the God of compassion, working for a more fraternal and peaceful nation, trusting in the Father of the little ones

Jeanne de Lestonnac, aware of the importance of her mission, took great care that Mary appeared in her project as an inspiring presence that invites interiority and commitment.

We go out to meet individuals, families, communities and peoples to communicate with them and share Christ who has filled our lives with meaning, truth, joy and hope.

Missionary disciples must live in communion and synodal openness, which asks us to walk together, assuming ecclesial responsibilities in the field of mission.

End with a prayer that expresses your complete trust in the Lord. and the desire to renew your life.

SPIRITUAL CONVERSATION

Each Community does it according to its needs.

SONGS: YOUR HEART IS THE SOIL THAT RECEIVES THE SEED. (Youtube)

AVE MARÍA. By José Bravo. (Youtube)

SOWING WITH HOPE. Juan Morales Montero. (Youtube)



