
SPIRITUAL RETREAT

DECEMBER
2025



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

A DAY OF RETREAT WITH MARY IN ADVENT...



DECEMBER 2025 RETREAT

Composition of place. To imagine a star that in this season of Advent guides me to the encounter with Life, to the encounter with God who has become a small, defenseless and poor child.

God became incarnate, He became humanity, He decided to become man among the poor, He was born in a manger, surrounded by shepherds, and this Christmas He approaches where you are as long as you open your heart to his Mystery. He invites you to awaken, to come out of yourself, out of your comfort, to be in solidarity to share with the most needy: to the displaced, those who have lost everything with this winter, those who suffer hunger, the abandoned, the sick, and so many poor people who need a helping hand to show them with its generosity the face of Jesus.



We have begun as a simple Church a journey together; the Lord has told us: wake up, be alert, be converted... and make a change in this pilgrimage. He invites us to be joyful and to be born again.

Advent is a time of grace; it is a favorable time to deepen our trust in God. It is a time when we all experience God's unconditional love and mercy.

On this journey to Bethlehem, let us allow ourselves to be inspired by

Joseph's silence, and let us listen to what the prophet Isaiah 11:1-10 tells us.

Saint Ignatius of Loyola did not explicitly write about Advent as a liturgical period, but his teachings offer a guide to living it through **interior preparation, vigilant expectation of Christ, and imitation of Mary.**



On this path we all live with an eye on the future, always thinking about what awaits us. Not only that. Deep down, almost all of us are looking for "something better", security, greater well-being. We want everything to go well for us and, if possible, for us to do even better. It is that basic confidence that sustains us in the work and efforts of each day. That is why, when hope is extinguished, life is also extinguished. The person no longer grows, does not seek, does not struggle. On the contrary, it shrinks, sinks, lets itself be carried away by events. If you lose hope, you lose everything. Therefore, the first thing that must always be cared for in the heart of the person, in the heart of society or in the relationship with God is hope.

The God of life becomes small,
defenseless, a child in the portal of
Bethlehem, a star shows us the way...

This mystery can only be celebrated from within by those who dare to believe that God can be reborn among us, in our daily lives. This birth will be poor, fragile, weak as was the one in Bethlehem. But it can be a real event.

Luke 2:1-20

Mary, the woman "who believed," the one who "did the will of the Father." The woman full of hope and in whom Life dwelt.



Joseph, the man with a heart that wants to be faithful, even without understanding. The man who renounces all his interests, forgives and trusts.

The man who puts aside his anxieties and rests in God's dream for himself and for humanity. The enterprising, willing man, who does not allow himself to be defeated or frustrated, because he believes.

The man who is silent to listen to God, even in the darkest nights. The man who resists peacefully and loves tenderly. The man who knows how to take care of life and find the opportunity where everything seems to be destroyed.



The Season of Advent brings to our mind the faces of children, and in them we contemplate the image of Jesus, the child who awakens tenderness and love in us.

A star guides us to the grotto of Bethlehem, to the encounter with Life, to the encounter with God, who has become a small, defenseless, poor child...



Advent is a unique time of joy and hope in the Church.

We light candles in the dark. We find warmth in the cold and dark winter season. And we gather as friends and family to celebrate the coming of our Savior.

In this season of Advent we can bring to life the words of Pope Leo XIV:

"Peace begins with each one of us: from the way we look at others, listen to others, talk about others; And, in this sense, the way we communicate is of fundamental importance, we must say no to the war of words and images, we must reject the paradigm of war."

In times of violence, Pope Leo XIV proposes an authentic communication that builds bridges, listens and is compassionate toward the pain of humanity.

Advent is also the beginning of a new liturgical year. (This Advent season marks the beginning of Cycle A.)

To what does the memory of Mary in Advent invite you?

How can we prepare ourselves for Jesus to be present in our communities this Christmas?

Notice, what are the most important motions (feelings) that the Lord is awakening in your heart? (special lights, consolations, joy, peace...)



Discover the star that guides you to the encounter with Life, to the encounter with God, who has become a little child, helpless and poor...

. Matthew 1:18-24

Remember, Jesus came to stay with us always: in the Eucharist, in the poor.

COMMUNITY SHARING.

It is prepared by each community according to its needs.

Songs: "Advent arrived" (Unai Quirós). Advent song with lyrics. Let's go with Mary.



