

---

# SPIRITUAL RETREAT

---

NOVEMBER  
2025



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



## LEO XIV, BUILDING BRIDGES AND CREATING PATHS OF HOPE IN A DIVIDED WORLD

### RETREAT FOR THE MONTH OF NOVEMBER 2025

It is essential, Leo XIV reiterates, to help one another, "to build bridges, with dialogue, with encounters, uniting us all to be one people always at peace".

Rooted in faith and inspired by the Pope's message of "**peace without weapons**", we recommit ourselves to walk this path together, with fidelity, courage, and solidarity with those on the front line. May this new papacy, especially in this Jubilee Year, be a beacon of hope and guide us all to become peacebuilders and guardians of creation.

We pray that we can support greater social justice and peace, connecting and healing broken relationships with each other and with our planet. We long to walk together as a human family, humbly but courageously, for a better future for all, especially for the most marginalized, who every day are victims of war, exploitation, hunger, the expropriation of their lands, and xenophobia.

**Let us pray... God is calling us to listen to the cries of our world.**



In the face of reality, where every day the struggle for power between different countries grows and security is centered on weapons, God calls us to be women who create fraternity, coherence of life, openness to the reality of our world and to the people closest to us.



**"Breaking down walls"** implies that there are things that we must bring down that we have built during our lives, something negative, that is affecting not only our interior but also our exterior. When I talk about the interior I mean your mental health, your tranquility, your peace. And when I talk about the outside, I mean the people and commitments you have around you.

I want you to do your part because God is going to start working with you, just as the potter crushes the clay and does something new. That's what God wants to do with you.

**What walls does the Lord call me to break down?**

**What further steps do I have to take to "build bridges"?**

According to the Bible, **building bridges means, metaphorically, seeking peace, reconciliation and mutual edification among people, rejecting the walls of division and hatred.** A central example of this construction is Jesus Christ, who acts as the bridge that unites humanity with God. In practice, it involves listening, understanding, reaching out, forgiving, and being an instrument of love and grace to bring others closer to faith and mutual understanding.

**Jesus was the bridge builder par excellence. "The Word became flesh." He bridged the biggest gap we can imagine... the gap between God and humanity.** He entered our world. He became one of us

Peace builds bridges, while hatred builds walls. You must decide in life: either I build bridges or I build walls.

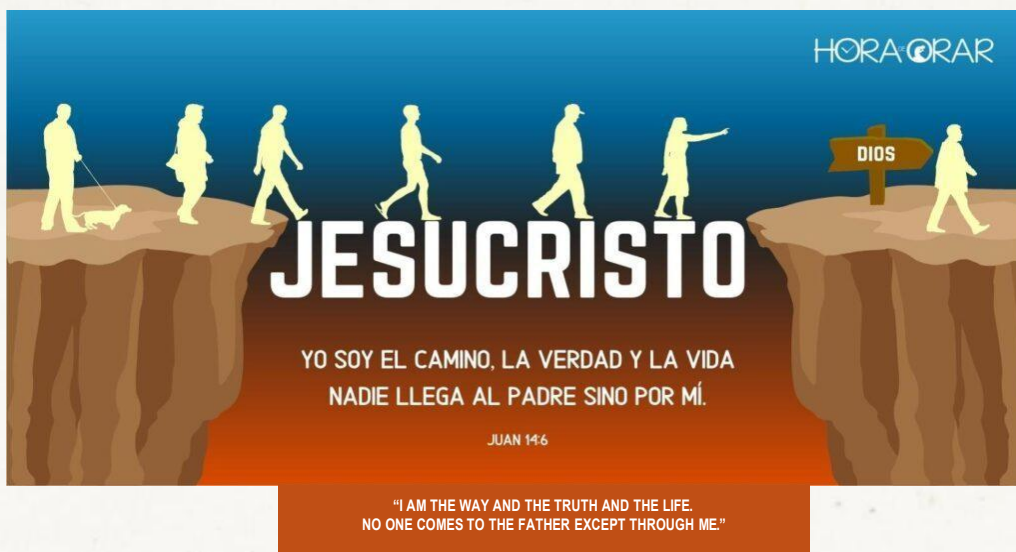
When you shake hands with a friend, a person, **you build a human bridge.** You build a bridge. On the other hand, when you hit someone, when you insult another person, you build a wall. Hatred always grows with walls.

**With whom have I built a bridge today? Last week? Last month?**



Christ, through his sacrifice on the cross, built a metaphorical "bridge" between humanity and God, uniting creation with the creator and overcoming the barrier of sin to allow access to eternal life. This bridge of faith, love, and forgiveness is crossed through repentance and faith in Jesus Christ as savior.

## Jesus, the best bridge builder



Throughout the Bible, we find verses that encourage us to build bridges of faith, love, and reconciliation. These bridges not only connect us to God, but also to each other. **Read John 4; and John 3.**

### I review my feelings, what desires move me?

#### With her light Mary kindles hope in us.

Of what I am, and of all that I lived during the year, what do I have to offer the Lord through the hands of Mary Our Lady?

"What I come to bring, Lord, is very little; Lord, what I can give is so little. My work is the water I want to offer and my efforts are a piece of bread."

**Celebrating this feast each year is the occasion to give to the Lord the fruits of what we have lived.**

(November 21, 2025)

#### Community sharing.

**Finish by celebrating the feast of the Presentation of the Child Mary.**



