
SPIRITUAL RETREAT

MAY
2026



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



RETREAT IN MAY 2026

The month of May, a propitious time to renew the love that all the baptized must profess for the woman whom God chose - from eternity - to be the mother of his Son, Jesus Christ, the Word made flesh for the redemption of the human race. How can we not turn our gaze to her, who first looks at us with gentleness and compassion? It is no coincidence that God wanted to grow up in the warmth of a mother like Mary and to receive her loving care.

"There is only one model for us, Mary: The woman of fidelity, the one who did not understand what was happening to her but obeyed. The one who, as soon as she knew what her cousin needed, went in haste, the Virgin of Promptness. The one who escaped as a refugee in a foreign country to save her son's life," the pope affirmed on that occasion.

Mary, the woman of listening, of decision, of action.

"Mary, woman of listening, maintain our ears open; that we may know how to listen to the Word of your Son Jesus among thousands of words of this world. Make us know how to listen to the reality in which we live, to each person we meet, especially to those who are poor, needy, and have difficulties.

Mary, woman of decision, enlighten our minds and our hearts, so that we may know how to obey the Word of your Son Jesus without hesitation" Pope Francis.

Read and reflect, in Luke 1:39-52, the scene of the Visitation, feel the joy of the two cousins, when they meet. What are they saying? What are the hopes they share?

As an Apostolic Body, what are the attitudes of Mary that we commit ourselves to bring to life?



JEANNE DE LESTONNAC WAS A WOMAN CAPABLE OF LOOKING AT REALITY FROM THE EYES OF GOD...

A woman faithful to God and capable of seeing beyond the everyday and established...a courageous woman, a woman of faith.

Jeanne wanted to live only for God, and on the night of her encounter with Him in the event in the Cistercian Order, she discovers that she will have God always, but in the world. In this violent and broken world, it is where God wants her to announce that He is Father and we are brothers and sisters.

Jesus invites and encourages her to go "beyond" what she believed to be his will, to the "other shore."

Today let us apply to our lives one of the maxims of Jeanne de Lestonnac: **"Be courageous in difficulties, put your trust in God, in Our Lady, and be at peace."**

On May 15, 1949, the Church ratified the life and **Educational Project of Jeanne de Lestonnac**, declaring her **a saint**. Every year on this date, we celebrate the Feast of Saint Jeanne de Lestonnac, in recognition of her and all the people who have made and continue to make possible, in different countries of the world, this style of education.

Holiness is audacity, it is an evangelizing impulse that leaves a mark on this world. To make it possible, Jesus himself comes to meet us and repeats to us with serenity and firmness : **"Do not be afraid."** (Mark 6:50)

We live in a world that rewards the visible, the grandiose, what is measured in numbers and applause. But there is another greatness, more silent, more true, which does not seek recognition: that which is born of fidelity in the small.

To be faithful in the small is to get up every day and try again. It is taking care of the day-to-day, even if no one notices. It is fulfilling the promise made in a low voice, holding the commitment, even if it does not shine, being there when it is no longer exciting. It is to accompany with tenderness a life that suffers. It is listening without looking at the clock. It is giving without conditions, serving without protagonism, loving without measure.



We are preparing to celebrate:

- **May 15th, the Feast of Saint Jeanne de Lestonnac,**
- **May 24th, the Feast of Pentecost,**



**"When the day of Pentecost came, they were all together in the same place. Suddenly there came a noise from heaven, like a mighty wind, and filled the whole house where they were. Then there appeared tongues as of fire, which were divided and rested on each one of them. They were all filled with the Holy Spirit."
Acts 2:1-4**



...": What noises fill my heart? What voices fill my interior...? What desires trap and drag me along...? Do I seek silence as an experience that humanizes me?

Let us pray insistently, asking, through Mary Our Lady, the Spirit, to startle us with his voice, to awaken us from our dreams...

Let us build with the Holy Spirit a Church founded on the love of God and a sign of unity, a missionary Church that opens its arms to the world, that proclaims the Word, that allows itself to be questioned by history, and that becomes a leaven of concord for humanity."
Pope Leo XIV"

Ask the Lord to give you the gift He believes you need at this time in your life.

Read Acts 2:43-47 How were the gifts of the Holy Spirit manifested in the first community of Christians?

COMMUNITY MEETING

Eucharist: celebration of the feast of St. Jeanne of Lestonnac.

If possible, organize a Pentecost Vigil.

SONG: Mary of Pentecost.



