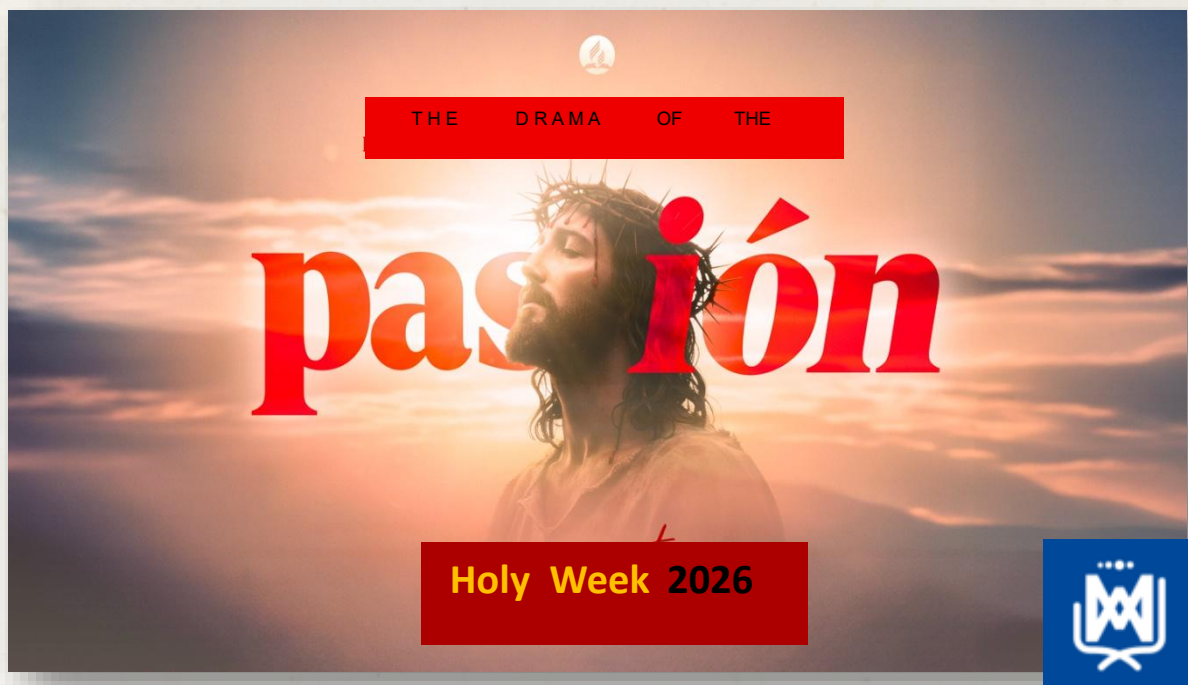

SPIRITUAL RETREAT

APRIL
2026



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



RETREAT APRIL 2026

Today, together with Jesus, we ask that there be room around the table for everyone, that no one be missing and that, in the midst of this crisis of our world, bread will be sufficient and love may be translated into works of solidarity



MAUNDY THURSDAY

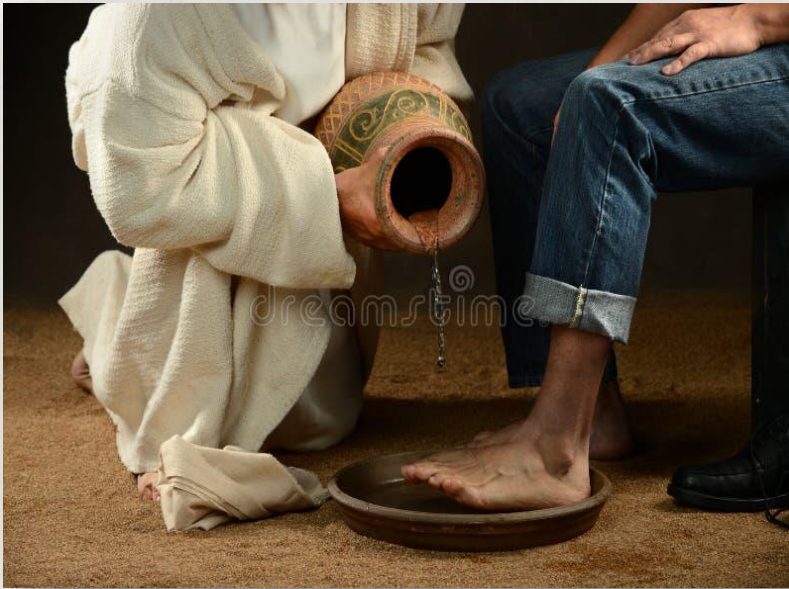
The Bread and Wine, foods of our faith, symbolize a life full of love that is radically self-giving. It is Jesus who becomes for us, his followers, bread and wine. We too are called to be food for the faith of those we accompany in our support and interactive groups.

For Him, who is Life, we give our heartfelt thanks; through Him, the visible heart of God among us, we allow ourselves to be cleansed, for His mission is always to serve the person with humility, humbly becoming one with us and enabling us to extend to them all that He is for us. With him and in him we are called to love by

serving. There is no doubt that love hurts and that love involves suffering. but a life without love is not life, just as a love without giving of itself is not radical love. We can commit ourselves to living from the meaning of those small gestures of love that are apparently insignificant, and yet, make the world change.



Holy Thursday invites us to remember that our religion is founded on a Love that is given and placed at the service of those who walk beside us.



Let us be silent...with a reverent silence that allows us to draw near to Jesus in his simple and profound gesture of giving himself to us as bread and wine, a love that bends down and washes our feet.

Let us read the Gospel of today's liturgy: John 13:1-15

What is the meaning of John 13:14: "To wash one another's feet"?

Why did he tell them to follow his example? What does this foot-washing ceremony teach us?

GOOD FRIDAY

Contemplating Christ who died on the Cross, I think of the many injustices and sufferings that prolong his passion in every corner of the earth. I think of the places where people are offended and humiliated, mistreated and exploited. In every person wounded by

hatred and violence, or marginalized by selfishness and indifference, Christ continues to suffer and die. On the faces of those "defeated in life" are drawn the features of the face of Christ who dies on the cross.

Try to be present at the foot of the Cross, do not say anything, but let this sacred moment of Jesus, the man with the cross on his back, resonate in you. And ask him to teach you to remain with all those who are still on the cross today. Listen to Jesus' words: JOHN 18:1-19:42

Faced with this reality of our world: What does the image of Jesus on the cross say to you today?





HOLY SATURDAY

Mary "treasured all these things and pondered them in her heart" the Gospel says. Because only in silence can one understand God's words and all that He is.

Mary's silence was a contemplative silence of God's work in her life, in Jesus' life, in the life of others.

Contemplation of Mary's life from Nazareth to the Cross, assuming her maternal mission.

EASTER SUNDAY:

"Very early in the morning they went to the tomb..."

The angel said to the women:
Do not be afraid,
do not seek the living among the dead."
Luke 24:1-11

To celebrate Easter is to understand life differently. To intuit that the Risen One is there, in the midst of our poverty, sustaining all that is good, beautiful, and clean that flourishes in us as a promise of infinity.

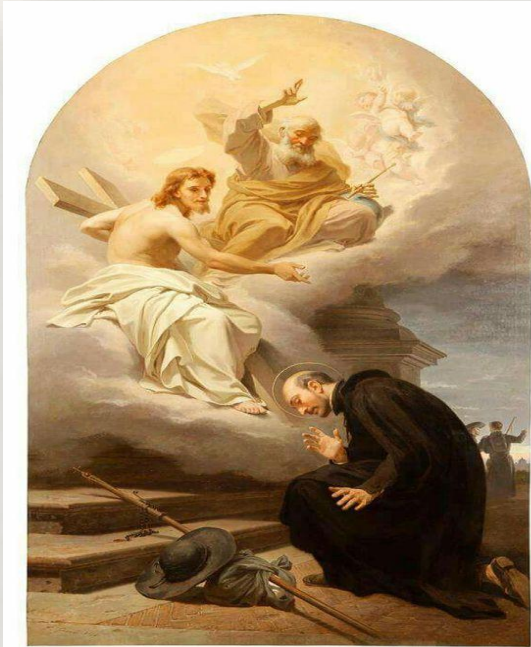
. Let us bring the song of life to every Galilee, to every region of that humanity to which we belong and which belongs to us, because we are all brothers and sisters. Let us silence the cries of death, let the wars end. Let the production and trade of arms end because we need bread and not guns. May abortions cease, which kill innocent lives. May the heart of those who are enjoying abundance be opened to fill the empty hands of those who lack the very necessities of life.



What do I have to do to really be Good News for the educational community, for the recipients of my mission, for my Community?



Let yourself be surprised by the power of the Easter kerygma, the proclamation that Jesus is risen. Today He announces himself to me, and I rejoice in the new form of his presence: through the Word, in the breaking of the Bread broken and distributed.



The Easter Triduum, the core of the Catholic faith that celebrates the Passion, Death and Resurrection of Jesus, is lived intensely through Ignatian Spirituality through silence, prayer and the Spiritual Exercises, inviting to personal conversion and the following of Christ.

The spirituality of Saint Ignatius proposes to live these days with a deep examination of conscience and contemplation of the humanity of Christ, seeking the "greatest service and praise" to God.

Ignatian Spirituality does not stop at death but focuses on the joy of the resurrection and mission, where the person praying seeks to "find God in all things."

The celebration of Easter is lived as a time of profound spiritual renewal and educational commitment, integrating the joy of the Resurrection with its Marian and Ignatian charism.

The role of Mary as the "woman of Easter" is emphasized, as she who lives the resurrection with eagerness and mission.

Read and pray Article VI: Constitutions 1 to 6 to prepare for the Renewal of Vows.

This retreat can be done during the Easter Triduum, a prayer for each day and end with a community sharing in preparation for the Renewal of the Vows.



