

## Food for Body and Soul: The Spirituality of Food



November 13-15, 2009

\$245 Cdn.

Whether it's a family meal, an intimate dinner in a fine restaurant, or the Eucharistic meal, food has always been about more than physical nourishment.

The industrial model of producing food, coupled with our busy lifestyles, has severed our spiritual relationship with food and the Earth that produces it. Such a disconnect contributes to the ecological crisis.

This weekend retreat, given by members of the Ecology Project, along with farm, retreat, and kitchen staff, seeks to celebrate God's gift of food while reconnecting people to the Earth and the food it gives them. The meals will be a key component of the retreat.



## Choosing Life: Working for Ecological Justice



February 26-28, 2010

\$245 Cdn.

This guided retreat is an opportunity to pray and reflect on the Christian call of conversion and solidarity. It's an opportunity to understand how Christian principles, including principles of Catholic Social Teaching, help us to think about what it means to be in solidarity with the whole of creation. It also shows us how and why we can work actively on behalf of justice for the earth. Spiritual direction will be provided.



## Fruit of the Earth, Work of Human Hands: An Ignatian Ecology Retreat



July 23-31, 2010

\$725 Cdn.

Retreatants will be encouraged to experience God's awe-inspiring presence and activity in Creation. This experience will offer inspiration and nurturing for hope-filled action expressing God's healing power.

Through the lens of food, retreatants will be encouraged to experience God's beauty in the farmland.

Food nourishes us both physically and spiritually. Such an appreciation for our daily bread contrast with a consumerist disconnection from food that is part of the current ecological decline. Can we hear the passion of Jesus in the cry of the Earth?

This guided retreat, following the dynamics of the Spiritual Exercises, includes a daily theme talk, personal spiritual direction, outdoor liturgies, and group sharing. The retreat will be facilitated by members of the Ecology Project Working Group, and the Loyola House retreat team.

## Location

These retreats are located at the Ignatius Jesuit Centre, one km north of Guelph, Ontario, on 243 hectares of beautiful farmland, rolling hills, woodlands and wetlands.

The entrance to the Centre is on Hwy 6 just north of the city limits.



## Registration

Please send a \$50 non-refundable deposit with the completed application form to:

Registrar  
Ignatius Jesuit Centre of Guelph  
5420 Highway 6 North RR5  
Guelph, ON N1H 6J2

## Contact

Contact the Registrar at Loyola House  
519.824.1250 ext. 266 or email  
registration@ignatiushguelph.ca for more  
information.

Can you find out the deep things of God?  
...ask the animals and the birds of the air;  
ask the plants of the earth and  
they will teach you  
and the fish of the sea will declare to you.  
In God's hand is the life of  
every living thing  
~Job: 11:7, 12: 7-10



A Place of Peace

5420 Highway 6 North, RR5  
Guelph, Ontario, Canada N1H 6J2

Tel: 519.824.1250 Fax: 519.767.0994  
E-mail: registration@ignatiushguelph.ca

www.ignatiushguelph.ca



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## Three Ecological Retreats at Ignatius

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The Spirituality of  
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Choosing Life:  
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