



A Lenten Retreat

Sunday, March 26, 2023 and Monday March 27, 2023

7:00 P.M. to 8:30 P.M.

**Holy Name of Jesus Parish
899 Chomedey Blvd., Laval**

Our world has its share of tragedies. Our Church is also experiencing a time of crisis and scandals. This is painful for us faithful. There is a real sense of desolation. How can we keep the flame of hope alive?

We need CONSOLATION. Friendship and human solidarity comfort us. Faith in God consoles us and offers us signs that life is always stronger than darkness and death.

In this first evening of the parish Lenten retreat, Sabrina Di Matteo will offer times of reflection to move from lament to consolation. She will present characters from the Bible who were comforted by Jesus, and will lead the congregation in song and prayer with her guitar (and perhaps an original song). Together, we will consider how we can be encouraged to console others as part of our discipleship. Easter is on the horizon...

On the second evening of the retreat, Fr. Raymond Lafontaine will lead us in a reflection on the Beatitudes, inspired by Pope Francis' recent encyclical "*Gaudete et Exsultate*" ("Rejoice and Be Glad!"). As followers of Jesus, we are called to holiness and to wholeness, by Jesus who promises abundant life to those who follow him. Yet at the same time we are also "hole-y": full of holes, confronted with our brokenness, invited to take up our cross daily and follow Jesus. The Beatitudes reveal to us that the path to new life is not around our sufferings, but through them: "Blessed are those who mourn, for they will be consoled."

Retreat leaders

Sabrina Di Matteo is 40 years old and mother to a young adult. After her studies in theology in Montreal, she worked for the Archdiocese, and was a campus minister for university students for many years. She is currently working for the leaders of religious congregations in Canada, and has undertaken a doctorate in religious studies. Since her teenage years, she has been involved in music ministry in churches and various youth projects. Sabrina has contributed to a number of books on faith published by Novalis.



Fr. Raymond Lafontaine is the Episcopal Vicar to the English-speaking faithful and has served as Director of the Office of English Pastoral Services in the Archdiocese of Montreal since 2016. Ordained in 1991, Fr. Raymond has a doctorate in moral theology from the Gregorian University in Rome and has served in parish ministry, university chaplaincy, vocation and seminary formation, and diocesan leadership in his 31 years of priestly ministry. He also taught part-time in the department of Theological Studies at Concordia University for 15 years. Fr. Raymond loves integrating his passion for music, film, Ignatian spirituality, and popular culture into his teaching, retreats, and parish missions.