



## ***Eight Day Theme Retreat: "Do Not Let Your Hearts be Troubled"***

We live in a world of turbulence and uncertainty. We face tensions and conflicts in our society, in our work, and often even in our homes, and at times the stress makes us tired and distracted. The burdens we carry throughout the day can also make us troubled and fearful in our hearts. The gift Jesus offers his disciples after the Resurrection is the gift of peace: A peace we discover in the depths of our hearts where God dwells. We need times of silence and solitude to find the centre of our life in God; to contemplate and discern the "seasons" of the heart that can be rooted in our trust in God's presence and mercy. We enter this retreat to rest in this peace of God that is Jesus' gift to us as disciples.

**Date:** Oct 25, 2018 (Thurs) to Nov 2, 2018 (Fri)

**Time:** Registration begins at 3pm on Oct 25

Program begins at 8pm on Oct 25 and finishes at 12:30pm on Nov 2  
(lunch on last day is included)

**Venue:** Xavier House, Cheung Chau

**Target Participants:** Participants who have joined prayer workshop or have experience of individual guided retreat for three days or above in Ignatian style.

**Language:** English (may choose English or Cantonese for spiritual direction 可選擇英語或廣東話靈修指導)

**Fee:** HK\$5,200



*Led by*

**Fr Peter Mclsaac SJ** was born in Canada, but has lived and worked in Jamaica for many years. Fr Mclsaac entered the Society of Jesus in 1989. After completing his Licentiate in Theology in 1998, he was ordained a priest. He has been involved in social ministries, education, and pastoral work. From 2006-2012, Fr Mclsaac was Regional Superior of the Society of Jesus. He has directed the deaconate programme for the Archdiocese of Jamaica for the past ten years, and has taught systematic theology for 15 years at the St Michael's Theological College, where he is now Director. In 2010 he was President of the Conference of Religious of the Antilles for a term of two years. Currently, Fr Mclsaac is the Chair of the Archdiocesan Board of Education in Jamaica, and Pastor of St Thomas Aquinas church, where he presently resides. He has many years of experience directing the Spiritual Exercises, and giving retreats and workshops across the Caribbean, US, Canada, Africa and Asia.

