

opusdei.org

# Online Spiritual Retreat

We offer a possible online spiritual retreat in the event that due to prevailing circumstances, you were unable to attend one this year.

10/27/2020

St. Josemaria Escriva wrote: “Days on retreat. Recollection in order to know God, to know yourself and thus to make progress. A necessary time for discovering where and how you should change your life. What should

I do? What should I avoid?” (*Furrow*, no. 175).

Throughout his priestly life, St. Josemaria Escriva preached many spiritual retreats to men, women, university students, priests and seminarians. He encouraged all who sought to have a deeper relationship with God to set apart a few days a year for a spiritual retreat. A retreat is a time of quiet reflection and prayer, away from the daily routine, to examine one's life in the presence of Jesus Christ: *to see what is going well, to see what needs to change, to make resolutions and to begin again.*

The spiritual retreat that we offer in this article are audio collections of meditations preached by priests of Opus Dei to assist in making a retreat on your own. The retreats are recommended for anyone seeking to spend quiet time in prayer to go deeper in the Gospel, getting to know

Jesus Christ, learning to pray, keeping the presence of God throughout their day, and finding direction and meaning at a particular time of life. We have included a possible plan for a three day spiritual retreat with different activities that you could do. Feel free to adapt it to your circumstances.

At the end of this article, we have added two contacts one in Kenya and one in Uganda for donations. The money collected will be for the Retreat Houses that we have in Nairobi and Kampala.

## **Meditation 1**

**Spiritual Reading Your Face, Lord, Do I Seek**

## **Meditation 2**

**Mass**

## **Meditation 3**

The Way of the Cross

## **Meditation 4**

**The Rosary:** You may use the book of St Josemaria "Holy Rosary"

What is the Rosary? by St Josemaria:

## **Meditation 5**

### **Examination of Conscience**

For younger people

For older people

**Watch a video:** *The Chosen Episode 4*

## **Meditation 6**

Mass

**Spiritual Reading** *I Have Called You Friends*

## **Meditation 7**

The Way of the Cross

## **Meditation 8**

### **The Rosary**

You may prefer to recite today's  
Rosary with St John Paul II

## **Meditation 9**

### **Examination of Conscience**

For younger people

For older people

**Watch a Video:** *The Chosen Episode 5*  
(starts at minute 5)

## **Meditation 10**

Mass

Spiritual Reading: *Growing Rich  
through Poverty*

The Way of the Cross

## **Meditation 11**

### **Examination of Conscience**

For younger people

For older people

The Rosary

You may prefer to recite today's  
Rosary with Pope Francis

## **Meditation 12**

### **Other readings you may want to read in-between activities:**

Encyclical of Pope Francis, *Fratelli  
Tutti*

Letter from the Congregation for the  
Doctrine of the Faith on the care of  
persons in the critical and terminal  
phases of life, *Samaritanus Bonus*

Letter of the Prelate, *On The  
Importance of Friendship*

Ebook with insights for our spiritual life when we pray about things we already know and have heard many times before, New Mediterraneans

## **Donations**

You could send your donations and contributions for the retreat houses in Nairobi and Kampala through either of these numbers.

### **Kenya**

Paybill number: **982600**

Account number: **Retreat donations**

### **Uganda**

Airtel money Uganda:

**+256708382238**

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retreat-2020/ (03/02/2026)