Family, Become What You Are

Retreat Schedule

Friday November 13th

5:00-5:55pm: Check-In
6:00 pm- Welcome & Introduction (*meet in Library*)
6:15 pm- Dinner (*Dining Room*)
7:15 pm- Talk 1: Remaining with Jesus in the Sacrament of Marriage (*Library*)
7:45 pm- Spousal Prayer & Conversation
8:15 pm- Adoration & Confession (*Chapel*)
9:15 pm- Evening Leisure

Saturday November 14th

8:00 am- Prayer & Breakfast (*meet in Dining Room*)
9:00 am- Talk 2: Purpose & Identity within the Sacrament of Marriage (*Library*)
9:30 am- Spousal Prayer & Conversation
10:00 am- Mass (*Chapel*; *with Adoration to follow until 11*)
11:00 am- Silence / Free Time
12:00 pm- Lunch (*Dining Room*)
1:00 pm- Talk 3: The Gift of Self within the Sacrament of Marriage (*Library*)
1:30 pm- Spousal Prayer & Conversation
2:00 pm- Silence / Free Time
3:15 pm - Sharing Graces, Moving Forward (*Library*)
4:00-4:30pm- Check-Out / Depart

Tips for a fruitful retreat:

- Entrust it to Jesus.
- Be here. Retreats are a sacred time, and you have a special opportunity with your spouse.
- Enjoy one another.
- Make time for personal leisure.
- Slow down.
- Be vulnerable.
- Eliminate or minimize tech use and screen time.
- Explore the retreat center grounds & spaces.

Missionaries of the
Holy Spirit
in the Family

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Who are the Missionaries of the Holy Spirit in the Family?

The primary goal of MHSF is to provide a formation model, an environment, and a community that fosters growth and a depth of vulnerability in married life through the Holy Spirit. This is done by imitating the 'apostolic way', and strengthening small groups of husbands & wives to "cast into the deep", and live as true witnesses to the power of a life lived in the Holy Spirit. The template for this model is taken directly from Scripture & the Church.

We desire to "enter into the breach" of marriage formation and to walk with couples who are searching for a way to intentionally live out God's plan for their marriage.

What do we do?

Couples who discern and join MHSF gather monthly in local chapters for a period of 21 monthly sessions asking and answering two basic questions:

1. ***"What are we?"***- Couples will be steeped in the Church's teaching on the family, and the family according to what God has revealed.
2. ***"How do we become that?"*** - This is our response to Truth. Once we know what the family is, each family can begin to live as they are uniquely called.

Monthly chapter gatherings include: a communal meal, spiritual formation, spousal prayer & discussion and small group discussion, as well as time with our Lord in adoration and confession.

Several topics of formation include: personal and spousal prayer; incorporating Holy Scripture and the sacraments into the domestic church; liturgical living; interior healing; surrender and detachment; charism discernment; developing a family mission & rule of life. Additionally we cover church teaching and documents including Scripture, the *Catechism of the Catholic Church*, *Familiaris Consortio*, *Apostolicam Actuositatem*, and the *Theology of the Body*.

Learn more about us at our website (mhsfonline.org)
or by scanning the QR code to the left.

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Joining MHSF

An MHSF Chapter is a group of couples committed to formation and community together throughout the MHSF session. These chapters are commenced locally after working with MHSF, and will involve:

- **One facilitating couple**, to whom we are able to communicate and filter information through over the two-year formation.
- **At least one priest** who is able to offer Adoration of the Blessed Sacrament and the Sacrament of Confession monthly. His involvement can expand beyond that based on availability. Preferably this priest will be able to be with the couples over the full two years.
- **Other married couples**! We look to foster intimacy, vulnerability, and friendship within the chapters. Prior to joining an MHSF Chapter, couples will be guided to discern if God is currently calling them to commit to our formation.

If you are interested in joining or starting MHSF in your community, you can reach out to us and learn more at: **www.mhsfonline.org/joiningmhsf**

We also offer:

If you are interested in keeping in touch with us or having us out for event speaking or other retreats, feel free to reach out or stay connected below:

MHSF Monthly Reflection & Newsletter: www.mhsfonline.org/**media**

Retreats & Event Speaking: www.mhsfonline.org/**speaking**

How to get in touch

Reach out directly: *mhsfonline@gmail.com*

Learn more or connect via our website: **www.mhsfonline.org or via QR code:**

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