

## Pilgrimages and Retreats



We have organized a few pilgrimages as days of spiritual nourishment for our volunteers. We often choose Remembrance Day, November 11th, to present to the Lord our beneficiaries and volunteers who have died during the year.

We pray and sing during the trip, visit holy places, usually participate in a religious celebration and listen to a talk on the particular charism or mission of the places visited.

We have made pilgrimages to the Holy Door in Quebec City, to the Trinitarians in Granby, to the cathedral and a house of prayer in Saint-Jérôme, to the Redemptorist Sisters of Sainte Thérèse, to the Cistercians of Saint-Jean-de Matha, to the Sisters of Sainte-Anne and have walked in the footsteps of Kateri Tekakwitha.



We invite speakers who know and appreciate SASMAD to come and give volunteers a day-long retreat. For example, the Advent retreat prepares us for the celebration of the Nativity. An annual diocesan day of renewal in the spring allows us to anchor our actions in the pastoral approach of being an outward-bound Church. A retreat in English is also offered to volunteers in early September.