

Day 3: My Beloved, the Mountains



*The assurance
that we are
loved by God*

The Silent Music...

Day 3 of our retreat pilgrimage with St. John of the Cross was filled with enriching experiences and moments of deep reflection as we continued our journey of spiritual discovery.

Beginning the day in the Divine presence and meditation on selected sayings with an invitation to let ourselves be loved by God as he invites us for a treat. With a lovely breakfast, we prepared ourselves for another day of exploration and growth.

Sounding Solitude...

Our destination of the day was the bustling city of Valladolid, a nearly two-hour ride away. During the journey, Fr. Matt enlightened us on the significance of Valladolid to St. John of the Cross, and offered insights into the importance of community, work, and recreation in St. Teresa's vision of her convents. His words resonated deeply as we contemplated the role of these elements in our own spiritual lives.

Joyful Encounter...

Upon arrival in Valladolid, we visited the IV convent founded by St. Teresa, where we were privileged to have a delightful impromptu meeting with four of the cloistered nuns who expressed a profound joy and delight. Their devotion and serenity left a profound impression on us as we immersed ourselves in the peaceful atmosphere of their sacred space. We also had the opportunity to view an original copy of St. Teresa's "Way of Perfection" and other of this great Saint's relics, connecting us even more intimately with her legacy.



SAYINGS OF LIGHT AND LOVE

What Love really is

"Love consists not in feeling great things but in having great detachment and in suffering for the beloved". (Sayings 115)

At the Table of the Lord

Gathering in the beautiful church of the convent we shared at the Table of the Lord, his Word and His body. It was a powerful moment of communion and reflection, with Fr Kelvin's homily focusing on the transformative journey of Saul to Paul, a poignant reminder of the boundless love and grace of God.



Exploring the Beautiful city

After the Mass, the group had a pleasant exploration of the beautiful city of Valladolid, visiting the imposing structure of St Paul's Church served by the Order of Preachers (Dominicans) and the magnificent Cathedral, amongst other sights.

Dispatched in groups of two and three like the biblical commissioning to go and spread the Good News, all went in search for the special delicacies of the city and deepen the bond of

They returned rejoicing...

As the day drew to a close, we embarked on another long drive back to Avila with a beautiful reflection highlighting the particular role of John of the Cross in transmitting this unique, yet embedded spirituality of Carmel given to St Teresa. The coach went silent as there appears to be a deep reflection of the experiences and insights gained throughout the day.

Gathering again, we offered our Evening sacrifice of praise offering gratitude for the unique gift of each of person. The day concluded with yet another delicious meal, shared in fellowship and camaraderie, reminding us once again of the beauty and richness of our shared journey of faith.