

## Annual Retreat at the Emmaus Retreat (13th & 14th September, 2025)

The two-day retreat at Emmaus Retreat Centre, held on **13th and 14th September 2025** from 9:00 a.m. to 5:30 p.m., was a spiritually enriching experience designed to foster reflection, prayer, and deeper engagement with faith. Through talks, worship, personal guidance, and testimonies, participants were encouraged to renew their commitment to living a Christ-centered life.

**Day 1** opened with inspiring talks from priests and speakers who emphasized the importance of Christian values and personal faith journeys. Participants engaged in **one-on-one spiritual counselling** with a nun, where they discussed challenges and received Biblical guidance. A key highlight was the **Sacrament of Confession**, offering reconciliation and inner peace. A simple lunch of bread and ghoogni reinforced the retreat's spirit of humility and simplicity. The day concluded with quiet reflection, helping participants internalize the teachings and prepare for the next day.

**Day 2** began with a solemn **Mass celebrated by three priests**, followed by talks that encouraged participants not only to believe but also to **actively live out their faith**. The atmosphere was uplifted with **gospel singing, action songs, and shared testimonies**. One moving testimony from a 28-year-old participant highlighted the transformative power of faith in Jesus Christ. Opportunities for confession were again made available, reinforcing spiritual growth and healing. Priests emphasized the **importance of the Eucharist and regular Mass attendance**, urging participants to sustain their faith practices in daily life. Lunch featured chicken curry and bread, after which the retreat ended with an **Adoration session**—a quiet time of prayer and communion with God.

The retreat proved to be a **transformative spiritual journey**, fostering personal reflection, communal worship, and renewed faith. It left participants inspired, strengthened, and more committed to living out their Christian values with conviction and joy.



