



ADVENT 2021

*At this retreat we will
focus on guarding our
hearts at Advent.*

Advent Guard of the Heart

“To Value the Things That Really Matter.”

November 26 – 28, 2021

At New Melleray Abbey

The Heart was made to admire. We admire what is important to us. What is important to us becomes a value. It forms our character, the kind of person we become.

St. Paul, on the Second Sunday of Advent, counsels the Philippians “to value the things that really matter.” (Phil. 1:9-11) During the Christmas season the secular world offers many things that might “matter.” At this retreat we will focus on guarding the heart. The life of Jesus Christ that will begin at Christmas was one of admiration for the Father. It made Him the kind of person we can admire. We’ll talk about admiration and guarding the orientation of our hearts at Advent.

This silent retreat will begin with 5:30 p.m. Vespers on Friday and the retreat will conclude after the 9 a.m. Mass on Sunday morning with a closing blessing. A suggested donation of \$170 is asked of those staying at the abbey guesthouse





Advent Guard of the Heart

“To Value the Things That Really Matter.”

Please register me for the Advent Retreat

November 26–28

Name: _____ Marital Status: _____

Address: _____

City: _____

State: ____ Zip: _____ Phone: _____

Email: _____

I have enclosed: (check one)

- \$20 non-refundable deposit enclosed *or*
- Full donation enclosed (\$170 suggested) *or*
- \$85 commuter fee if not staying at the Abbey
- I need a room on the first floor, if available.
- We would like a Double room, if available.
- I need a ride from the airport or bus station.

Arrival info: _____

Make checks payable to: New Melleray Abbey.

Please mail to

Advent Retreat—Fr. Jonah

New Melleray Abbey

6632 Melleray Circle

Peosta, Iowa 52068