

Saturday and Sunday 3rd and 4th May, 2025

Fr. Rolphy Pinto, SJ accompanied us on these two days of retreat. His first conference was on the theme of **Hope**.

The following aspects were developed: Human hope,
Christian Hope as presented in the Scriptures
Called to be Rays of Hope

The afternoon conference was on the theme of **Spiritual Conversation**

The terminology of Conversation was examined passing from dispute to debate to dialogue to conversation as listening, sharing and welcoming the other

The next session Fr. Pinto led us into Spiritual conversation as developed by St. Ignatius of Loyola.

On Sunday morning the conference bore the title: **Pilgrims of Hope, embracing vulnerability, trusting our dreams and co-creating with God for all in the footsteps of St. Ignatius of Loyola, St. Francis Xavier and St. Emilie de Vialar.**

This was an invitation to return to the sources to be / become Messengers of HOPE

There were also reflections gathered from Macy Joanna and Chris Johnstone book, “**Active Hope**”

The important points of this talk were:

1. *Shift the focus from outcome to process*
2. *Spiral that restores our connection with the web of life and with one another:*
 - Coming from Gratitude*
 - Honouring our pain in the world*
 - Seeing with new eyes*
 - Going forth*

The afternoon conference continued **the Spiritual Conversation** with many practical points on how to conduct Active listening and Sharing in the Chapter, before the Sunday Eucharistic celebration.