

A recollection helps us spend two hours each month in personal dialogue and encounter with our Lord

WHAT DOES A RECOLLECTION CONSIST OF?

Meditation

- Two 30-minute reflections by a priest of Opus Dei, who in the spirit of St. Josemaria Escriva, guides us in prayer reflecting on the life of Jesus Christ through the Gospels.

Talk

- A brief talk given by a layperson highlighting practical ways to live out our faith in the middle of the world.

Confession

- The priest is available for confessions and spiritual direction in the confessional. To ensure privacy, we turn on a white noise machine at the beginning of the confession period. Please feel free to take a numbered card to know when it is your turn.

Examination of conscience

- A series of questions directed towards our spiritual life and our everyday concerns is read aloud to help us make a personal examination of conscience.

Benediction

- The recollection concludes with Benediction, a time of adoration to our Lord in the Blessed Sacrament. It is accompanied by singing Eucharistic hymns, prayer to the Blessed Sacrament, and receiving a blessing.