
LEARN TO PRAY WELL

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CHRISTA

Ein katholisches Projekt in Hamburg.
Unser Apostolat ist die innere Heilung.
Unsere Mission ist Heilung durch Gebet.

A Catholic project in Hamburg with an
apostolate in interior healing. Our
mission is healing through prayer.



The retreat facilitator, Ms. Tina
Lasquety -Reyes, is currently doing
her PhD at the Institut für
Katholische Theologie, Universität
Hamburg. Her research focuses on
developing a theology of healing
from Hildegard von Bingen and
contemporary theologians. She has
an MA in Systematic Theology and
an MA in Theological Ethics from
the Katholieke Universiteit Leuven
(Belgium).



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LENT / FASTENZEIT 2021: DRAW NEAR TO HIM, THE CHRIST!



This year's Catholic Lenten 2021
retreat theme:
Walk with the Mystics,
Pray with the Mystics

Online Retreat in English
February 21 & 28 and March 7 & 14
US (CST): 12:00 PM - 1:30 PM
Germany: 19:00 PM - 20:30 PM
Cost: Free, donations welcome



"Lord, teach us to pray ..." (Lk.11:1).

"Herr, lehre uns beten ..." (Lk11,1).

How we pray matters. *Good* prayer isn't easy. *Good* prayer takes effort, time, and practice. The mystics knew this and lived heroic, incredible lives of prayer.

As a source of inspiration and hope, the saints are there to help us learn how we, too, can pray and grow in our faith.

Join us in this online retreat to go deeper into the season of Lent as we walk with the mystics, pray with the mystics. If we are open, we will begin to see our relationship with Christ, others, and ourselves transform!

Draw Nearer to Him, the Christ
Learn to Pray Deeper
Allow Yourself to Reflect
Be encouraged by the Saints

PRAY WITH THE CATHOLIC MYSTICS

Is there a difference between a prayer life and a life of prayer? Experience this year's Lenten season learning about how the mystics prayed and walking with them in your own faith journey. The lectures aim to help us enter more profoundly into the Paschal Mystery and to both develop and strengthen how we pray. The retreat is for beginners and the advanced!



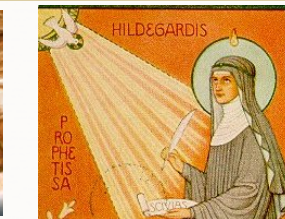
21 FEBRUARY: THE POWER OF PRAYER & FASTING IN CHRIST, THE MASTER OF PRAYER

In this session, we turn to the Lord's 40 day withdrawal into the wilderness. His praying and fasting has been replicated by Christians ever since. What was the significance of this prayer and fasting? Is it important today? What does this have to do with me?



28 FEBRUARY : HILDEGARD OF BINGEN – A PROPHETESS OF THE LITURGY

In this session, we will look at the prophetess' understanding of the liturgy. The way in which Hildegard prayed was deeply impacted by her experience of the liturgy. How can we encounter this as well?



07 MARCH : BRIDGET OF SWEDEN – DEVOTION TO OUR LADY OF SORROWS (SCHMERZEN MARIENS)

In this session, we will discuss the spirituality of Bridget and become acquainted with the rosary of Our Lady of Sorrows, its purpose, and its promises.



14 MARCH : FROM PATER PIO OF PIETRELCINA TO JOSEPH, THE TERROR OF DEMONS –

In this session, we have two different saints with the very distinct characteristic of overcoming evil and powerful obstacles. How can we learn from their challenges and prayerful practices? How can the sacrament of reconciliation (Bußsakrament) strengthen and heal me?

