

# *Advent Morning of Recollection*

## **FULLY ENJOYING LIFE!**

**WHEN:** Saturday, December 4, 2021  
8:30am – 12Noon

**WHERE:** Cathedral of Matthew's  
1725 Rhode Island Avenue, NW  
Great Hall (entrance near the parking garage)  
Two blocks north of the Farragut North (Red Line) Metro station  
Four blocks north of the Farragut West (Orange, Silver and Blue Lines) Metro station



Happiness seems elusive but the Gospel proclaims, God is with you and is your everlasting joy! Today, we might feel burdened. We might feel like life has been upsetting, dreary, and just plain hard. But we can be happy and fully enjoy our lives as they are. And we can enjoy life now!

Often, we are not happy because we are resisting the moment, clinging to some fleeting pleasure, chasing some perceived need, or reacting to something we do not like. In spiritual language, we are not happy because we have attachments, things we are convinced we need to be fulfilled in life. Jesus calls us to surrender our attachments to know the endless bliss of God within.

In this retreat, we will reflect on our attachments and how to let them go. We will experience contemplative practices to help us let go and open to God.



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### **LED BY: L.J. Milone**

*L.J. is the Director of Faith Formation at the Cathedral of St. Matthew. He has been in ministry for twenty-one years: serving the poor, working in parishes, teaching meditation, and leading retreats. His BA is in Religious Studies from Siena College and his MA in Pastoral Studies from the Washington Theological Union. Currently, he is completing a Doctor of Ministry in Preaching through the Aquinas Institute of Theology. Additionally, he has written a book on the popular medieval mystic, Meister Eckhart, titled Nothing But God.*

*All are invited to this event, free of charge.*

For more information, please contact L.J. Milone, Director of Faith Formation, at [ljmilone@stmatthewscathedral.org](mailto:ljmilone@stmatthewscathedral.org) or at 202-347-3215.

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