

## Liturgy We Live

Retreats in many Christian churches may have been first based in some loose form from the writings of St. Ignatius, the patron saint of spiritual retreats. Cursillo retreats in the Catholic church were originally based on Ignatian spirituality. Usually, Christian retreats lasting from just a few hours to months are a time spent away from one's normal life for the purpose of reconnecting, usually in prayer, with God. Jesus fasting in the desert for forty days is often used as a justification for such retreats. This escape from life's "rushing" hither and thither is discovered by many to be refreshing and relaxing. Regretably, most persons cannot regularly attend formal retreats except on an occasional weekend. However, many philosophers argue that a regular, daily retreat practice can be established successfully by everyone. The primary barrier to establishing this practice is a lack of discipline. In addition, even the most ardent followers of daily retreat practices admit that every sitting is not always concentrated, but sometimes it can be highlighted only by boredom or restlessness. Nonetheless, it is the commitment and regularity of practice that is the ingredient that produces the desired result, not how any one sitting unfolds.