



# Discerning Men's Retreat

**ST. JOHN OF THE CROSS**

*TOTALITY ~ DETACHMENT ~ ROBUST SPIRIT*

**El Carmelo Retreat House  
Redlands, CA**

**February 13 - 15**

**For Registration / Questions**

**[carmeliteyaretreat@gmail.com](mailto:carmeliteyaretreat@gmail.com)**

**RSVP Deadline: Feb. 5**

*\* Only 40 spots ~ \$155 (reduced from regular \$260)*

*\$75 commuter ~ limited scholarships*

## Retreat Leaders

Fr. Robert Elias  
of Divine Mercy, O.C.D.



Fr. Matthias of the  
Immaculate Heart, O.C.D.



Fr. Philip of Our Lady  
of Guadalupe, O.C.D.





# El Carmelo Retreat House

## Discerning Men's Retreat

Feb. 13 – 15, 2026

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### Friday Welcome

|       |                                                                                     |
|-------|-------------------------------------------------------------------------------------|
| 5:00  | Arrival & Registration (Office/Gift Shop)                                           |
| 6:00  | Dinner & Orientation (St. Joseph Assembly Hall)                                     |
| 7:15  | Conference 1 "Life & Person of St. John of the Cross" - Fr. Matthias                |
| 8:00  | Silence Begins / Compline, Holy Hour, Confessions (Our Lady of Mount Carmel Chapel) |
| 9:30  | Benediction                                                                         |
| 10:00 | Chapel & Assembly Hall closes / Retire                                              |

### Saturday Silence & Discernment

|       |                                                         |
|-------|---------------------------------------------------------|
| 6:00  | Chapel & Assembly Hall Opens                            |
| 6:30  | Lauds, Mental Prayer, Holy Mass                         |
| 8:30  | Breakfast                                               |
| 9:15  | Conference 2 "Totality" - Fr. Robert Elias              |
| 10:00 | Free Time - Reflect, Pray                               |
| 11:45 | Midday Prayer (Our Lady of Mount Carmel Chapel)         |
| 12:00 | Lunch / Group Photo                                     |
| 12:45 | Free Time - Rest, Reflect, Pray                         |
| 3:00  | Conference 3 "Detachment" - Fr. Robert Elias            |
| 3:45  | Rosary Walk / Spiritual Direction                       |
| 5:00  | Exposition, Solemn Vespers & Salve, Mental Prayer       |
| 6:30  | Dinner                                                  |
| 7:15  | Conference 4 "Robust Spirit & Discernment" - Fr. Philip |
| 8:00  | Compline / Free Time (Our Lady of Mount Carmel Chapel)  |
| 10:00 | Chapel & Assembly Hall closes                           |

### Sunday Ite Missa Est

|       |                                                                                        |
|-------|----------------------------------------------------------------------------------------|
| 6:00  | Chapel & Assembly Hall Opens                                                           |
| 7:00  | Lauds, Mental Prayer (Our Lady of Mount Carmel Chapel)                                 |
| 8:15  | Silence Ends / Breakfast (St. Joseph Assembly Hall)                                    |
| 9:15  | Leave for St. Therese Parish, Alhambra                                                 |
| 11:00 | Holy Mass                                                                              |
| 12:45 | Lunch sponsored by Deus Vocat                                                          |
| 2:00  | <i>(*for those able to stay)</i> Parlor Visit with Cloistered Discalced Carmelite Nuns |
| 2:50  | Salve Regina / Retreat Ends                                                            |