

# Eco-Spiritual Retreat – Cairo - Egypt

Category (Ecology / Spiritual Ministry)



The goal of the Eco-Spiritual retreat is to deepen our daily environmental practices considering our diverse spiritual experiences and through sharing with others. It was open to Christians and Muslims. We started with a Weekend (27-29 October 2022) where we connected with nature through meditation and silence. We also experienced several practical workshops like Composting, paper recycling, planting, mindful eating...

Then for 4 weeks, each participant followed a personal process of daily meditation in life. We had a weekly Zoom Meeting to present the texts of the week and give support to participants.

We celebrated the process in a final weekend (24-26 November 2022) and took time to meditate and reap the benefits.

## What makes this project lay, Ignatian, apostolic, community?

This project was prepared by a team of 5 lay CLC members following the structure of St. Ignatius spiritual exercises, the 4 weeks.

The texts were from diverse resources from the Bible and the Quran and different literary texts. We were supported by our National ExCo and the Latin catholic bishop in Egypt.

We were guided and inspired by “Laudato si” call of caring for our common home, which included different religions and different backgrounds.

## What call was discerned that led to the development of this project?

The COP27 was assembled in Egypt this year and we felt a call to dedicate a project in parallel to this event to help our community review its daily environmental practices.