



MOUNT CARMEL COLLEGE, AUTONOMOUS
Affiliated to Bengaluru City University
58, PALACE ROAD VASANTH NAGAR
BENGALURU 560052



Event Report: Annual Retreat

Date: 11th and 12th July 2025

Organized by: Christian Students' Association

Day 1



The first day of the Annual Retreat began with an inaugural Mass celebrated by **Father Juventius Andrade**, who delivered a powerful homily. He reflected on how God is a *“scandalously merciful, shamelessly forgiving, and generously loving God*

who prophetically challenges us.” His message centered on this theme, inviting participants to experience God's boundless love and grace.

The retreat sessions were conducted by **Live Pure**, a ministry under *The Missionary Families of Christ*, a Catholic movement that helps people live out their faith and purity in daily life.



The **first session** focused on the question: *“Who are you?”* It was an introspective session about **identity**, reminding participants that their self-worth isn't rooted in fleeting things like materialism, emotions, or power, but in God. It emphasized that as bearers of God's image, we must root our identity in Him and not be swayed by worldly validation. The session inspired everyone to go deeper into their faith and embrace the image of God within.



After a short break, the **second session** addressed the concept of **true love**. It explored how society has distorted the meaning of love, reducing it to something temporary and shallow. The session emphasized that love is **free, total, faithful, and fruitful** — values that also define holy sex and sacred marriage. Love, when truly understood, is given freely and without coercion, it is

unconditional, loyal, and life-giving. The session powerfully reinforced the idea that love, sex, and marriage are all sacred gifts from God and should be treated with reverence.

Following the lunch break was the **third and final session** of the day, which focused on **life and the various ways it is being destroyed**. The session shed light on the struggles faced by today's youth, including issues like **drug abuse, casual sex, and abortion**. It was a sobering reminder of the challenges of modern living and the importance of choosing life, responsibility, and faith.



The day concluded with **Adoration**, led by the **music ministry of the Live Pure team**, creating a deeply prayerful and moving end to the first day.

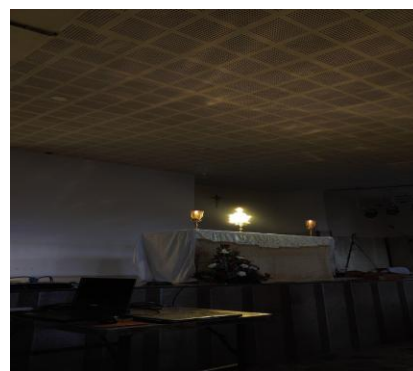
Day 2

The second day of the retreat opened with a session on the **Holy Spirit**, focusing on how He is constantly present — helping, guiding, and protecting us. It emphasized that the Holy Spirit works within us to transform us into the people God created us to be.



After a short break, the next session was on **The Eucharist**. This session explored the **Eucharistic celebration**, explaining the sacredness of the Holy Eucharist and clarifying that it is **not just a symbol**, but a real transformation of bread and wine into the **body and blood of Christ**. It encouraged participants to approach the Mass with reverence and prepare their hearts before receiving communion, emphasizing the importance of our inner

disposition when encountering Christ.



This session was immediately followed by the **Sacrament of Confession**. Students were **encouraged and urged** to participate in this healing sacrament. The confession time was followed by a **final Mass**.

The concluding Mass was celebrated by **Fr. Jude Nirmal**, who delivered a heartfelt homily. He spoke about embodying the virtues of the saints — having **hands like Martha's, a heart like Mary's**, and **an attitude like Joseph's**. He invited everyone to serve with dedication, listen with tenderness, and forgive with compassion.

With this inspiring message, the **Annual Retreat came to a close**, leaving everyone spiritually refreshed, more aware of their faith, and encouraged to live lives rooted in Christ.

