

Fr. Mark Yavarone, OMV Presents

OVERCOMING SPIRITUAL DISCOURAGEMENT: An Ignatian Path to Hope

All of us experience ups and downs in our daily spiritual life: times when God feels close and we have spiritual energy, and times when that energy wanes, and we struggle with discouragement. In fourteen practical guidelines (“rules”), St. Ignatius of Loyola offers invaluable aid toward understanding this experience, finding freedom from discouragement, and living our daily lives with joy. If this teaching is perennially important, it is more so now in such uncertain times. In this retreat, Fr. Mark Yavarone, OMV, will explore St. Ignatius’ teaching and apply it to our experience through concrete examples.

Fr. Yavarone was ordained in 2000 as a member of the Oblates of the Virgin Mary. He has since served as an Associate Pastor at St. Andrew’s Parish in Avenel, NJ; a missionary in the Philippines; a member of the faculty at Pope St. John XXIII National Seminary in Weston, MA; and Director of Our Lady of Perpetual Help Retreat Center in Venice, FL. In 2025, he cofounded the Ignatian Discernment Institute with Fr. Timothy Gallagher. His work has appeared in *The Way*, *Linacre Quarterly*, and *Homiletic and Pastoral Review*.

Schedule

8:30-9:00am	Registration and Continental Breakfast
9:00-9:50am	First Conference
10:00-10:50am	Second Conference
11:00-11:30am	Mass (followed by silent prayer w. Adoration)
11:30am-1:00pm	Lunch
11:30am-12:30pm	Confessions
1:00-1:50pm	Third Conference
2:00-2:50pm	Fourth Conference
3:00-3:30pm	Question and Answers

Registration fee is \$50 per person payable via cash, check, or online via St. James PayPal, <https://www.paypal.com/paypalme/stjamescatholic>.

- Checks should be made payable to St. James Catholic Church. Mail to St. James Catholic Church, 905 Park Avenue, Falls Church, VA 22046 ATT: Lenten Retreat.
- For PayPal, please write “Lenten Retreat” in the note section.



**Saturday,
February 28, 2026
8:30am-3:30pm
Saint James School’s
Monsignor Heller
Hall
(Entrance 13)**

**RSVP for event via
bit.ly/LentenRetreat2026
or scan the QR code.**



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