

## Retreat at Villa La quite, upper di Foligno , Italy. July 2017

### on the theme of “Laudato Si”.



Sitting on a swing in a field of wild fennels next to an olive grove, I recalled the first retreat I went to Barcelona. On a quiet day I walked among the rosemary bushes in a dry land on the hilltop near the retreat house. Here was I with God in a mountain top overlooking an abbey in mid-level of the hill.

It is a contrast to the next retreat in Drongen, Belgium. The retreat house is situated on a flat ground where there is an orchard of apples and pear. I remembered eating a few of those lovely fruits.

Then it was Switzerland where the retreat houses are on a hill and the beautiful lake Neuchatel.

Two years later I saw the green grass slope in summer which became a ski slope in winter in the Vosges Mountain in France, follow by the great joy of my first sight of prickly pears on their stems and capers in Malta.

We went to Maredsous, Benedictine Abbey, Belgium in 2015 which has an old railway track close by. It is now a cycling path and walkers route which many of us took some casual strolls.

Our father has given land to us to bear fruits and to enjoy the beauty. We are called to tend and care for it. The climate change has affected those at the margin of the world. Our brothers and sisters have difficulty in production of crops and rearing of cattle. Brother Charles chose to live with those at the margin in solidarity with them.

I thought of what I could do when I am back in London.



Here, at this moment, I could see the sunrise and the beautiful sky of different shade of orange. I could smell the fennel and felt the fresh air. I gave praise to God for the beauty of creation and listen to his calling of be still, I am with you.

*Mee Kuon Cheong*



GARDEN IN THE RETREAT HOUSE, FOLIGNO, ITALY.



GARDEN IN THE RETREAT HOUSE IN FOLIGNO, ITALY



A WALK IN FOLIGNO, ITALY



RELAXING IN THE RETREAT HOUSE, FOLIGNO, ITALY.