

*An exchange imbued with hope,
expressed simply,
yet of great depth for those who
dare to venture into it.*

Bishop Tremblay, our bishop, has just published a book with Mediapaul, available from Amazon and Kobo, amongst others, entitled “*Retrouver le sacré*” (Rediscovering the Sacred). It is an interview-style book that explores, with great simplicity and genuine depth, the possibility of rediscovering the sacred dimension of the world in a cultural context that has largely forgotten it.

The book takes the form of a spontaneous conversation between three friends: Bishop Pierre-Olivier Tremblay, OMI, Jean Désy, a doctor and writer from northern Quebec, and Isabelle Duval, a multidisciplinary artist.

This conversational structure gives the text a lively, accessible and deeply human tone, far removed from a traditional theological treatise. Together, they address five main themes.

A) The loss of a sense of the sacred

The authors observe that contemporary sensibilities have drifted away from the sacred, absorbed by technology, speed and individualism. The book seeks to understand how this rupture occurred and why it leaves a spiritual void.

B) The experience of God today

Bishop Tremblay shares his spiritual journey, his pastoral experiences (notably at the Cap de la Madeleine sanctuary) and his vision of a faith rooted in encounter, vulnerability and beauty.

C) The future of the Christian faith

The trio discusses the state of the Church in Quebec and Canada: institutional decline, the persistent search for meaning, and the need for a Church that is more humble, more accessible and more incarnate.

The book does not lament: it offers a clear-eyed hope, founded on creativity, fraternity and mission.

D) The role of the arts and culture

Thanks to the presence of Isabelle Duval, the conversation explores how art opens the way to contemplation, depth and transcendence. The sacred is not merely religious: it touches on poetry, nature, music and human relationships.

E) A spirituality for our times.

The book proposes a renewed spirituality, rooted in the Christian tradition yet attentive to the riches of modernity: dialogue with Indigenous cultures, the importance of the body and emotions, a return to simplicity, and the rediscovery of silence.

This book is written in a simple, warm, down-to-earth style, in which Bishop Tremblay speaks without jargon, with candour and humour. Furthermore, it responds to a genuine thirst for meaning in a disenchanted world, where the three friends explore medicine, art and pastoral care with a particular focus on spiritual matters.

In short, this is an illuminating, deeply human work that succeeds in speaking of the sacred without heaviness or abstraction. It opens up a space for breathing and reflection, particularly precious in a cultural context marked by spiritual fatigue and a loss of bearings.


NB: Only available in French at the moment

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