

## AN INTRODUCTORY DIRECTED RETREAT

DIRECTED RETREATS

8:00 p.m. Friday 11 August - 2:00 p.m. Wednesday 16 August 2017

Manresa is blessed by the many people who come on directed retreats each year; this retreat offers a first step to that precious experience by taking time to introduce and support those wanting to explore the individually guided retreat experience.



4-day directed retreat (5 nights) €300

## September 2016 - December 2017

A directed (individually guided) retreat gives space and time to deepen one's friendship with Jesus Christ. This is sought mainly by meeting the Lord in sacred scripture with the help of a daily meeting with a trained and experienced guide.

### 4-DAY DIRECTED RETREAT

Friday 11 August - Wednesday 16 August 2017 (see above)

### 5-DAY DIRECTED RETREATS

Sunday 11 June - Saturday 17 June 2017

Sunday 9 July - Saturday 15 July 2017

### 6-DAY DIRECTED RETREATS

Sunday 21 May - Sunday 28 May 2017

Sunday 11 June - Sunday 18 June 2017

Sunday 9 July - Sunday 16 July 2017

### 8-DAY DIRECTED RETREATS

Tuesday 11 October - Thursday 20 October 2016

Friday 11 November - Sunday 20 November 2016

Tuesday 7 February - Thursday 16 February 2017

Wednesday 19 April - Friday 28 April 2017

Tuesday 30 May - Thursday 8 June 2017

Sunday 11 June - Tuesday 20 June 2017

Thursday 22 June - Saturday 1 July 2017

Monday 17 July - Wednesday 26 July 2017

Tuesday 1 August - Thursday 10 August 2017

Thursday 17 August - Saturday 26 August 2017

Sunday 27 August - Tuesday 5 September 2017

Monday 9 October - Wednesday 18 October 2017

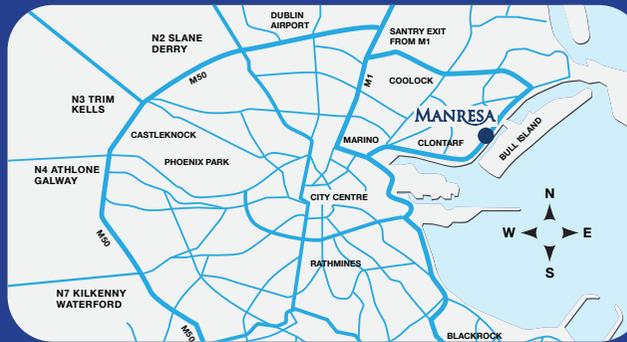
Friday 10 November - Sunday 19 November 2017

### 30-DAY SPIRITUAL EXERCISES

Sunday 28 May - Friday 2 July 2017



5-day (6 nights) €380    6-day (7 nights) €460    8-day (9 nights) €615



Visit [www.manresa.ie/directions](http://www.manresa.ie/directions)

## Saint Ignatius, the Jesuits and the Spiritual Exercises

When in Manresa in Spain, Saint Ignatius came to some important realisations in prayer. Finding them helpful to others he guided companions using his notes - his 'Spiritual Exercises'. These friends formed themselves into the Society of Jesus. The Jesuits, as they became known, committed themselves to serving faith in education, missions guiding others in prayer. Retreats and individual accompaniment through spiritual direction remain vital to Jesuits and those still inspired by Ignatius.

## Spiritual Direction

Manresa Jesuit Centre of Spirituality has trained hundreds of people in spiritual direction over 40 years. Contact us if you wish to explore what spiritual direction might mean for you. Details of our two-year course in spiritual direction can be found on our website - [www.manresa.ie](http://www.manresa.ie)

RETREATS

COURSES

EVENTS

This brochure lists only **Retreats**. To find out more about Manresa's **Courses** and **Events**, just ask us to send you our full brochure or see our website - [www.manresa.ie](http://www.manresa.ie)



Manresa  
Jesuit Centre of Spirituality  
426 Clontarf Road  
Dollymount  
Dublin  
D03 FP52  
Ireland

+353 1 833 1352  
[reception@manresa.ie](mailto:reception@manresa.ie)  
[www.manresa.ie](http://www.manresa.ie)

MANRESA  
JESUIT CENTRE OF SPIRITUALITY



September 2016 - December 2017

RETREATS



[www.manresa.ie](http://www.manresa.ie)

the JESUITS  
in IRELAND **ih̄s**

Choose from a one-day, weekend or longer retreat to give yourself some time to get in touch with God and with what is really important to you.

## WEEKEND RETREATS

### Our Common Home

#### A reflective weekend with Donal Dorr SPS

8:00 p.m. Friday 28 October - 2:00 p.m. Sunday 30 October 2016

Inspired by *Laudato Si'*, Donal Dorr will guide participants through themes of the Pope's document, offering scriptural and theological perspectives to guide reflection and prayer. The talks will be offered against a backdrop of silence and contemplation, allowing for the beautiful natural setting of Manresa to offer its own voice. (Those wishing to stay on Sunday night can avail of the public holiday to enjoy unstructured time of quiet.)



### Advent Weekend Retreat

#### A weekend to focus on the invitation that Advent brings

8:00 p.m. Friday 2 December - 2:00 p.m. Sunday 4 December 2016



A weekend retreat allows for valuable time to see where God's Spirit is moving you. A retreat in Advent is especially precious, allowing time to appreciate the season's message by spending time praying alone, in company with others, by meeting with a spiritual director or just catching your breath if life seems too busy.

### Spring Weekend Retreat

#### Some time to notice where you are being called to life

8:00 p.m. Friday 10 March - 2:00 p.m. Sunday 12 March 2017

Take a cue from the world of nature and spend a weekend noticing signs of growth, considering how to respond to the prompting of God's Spirit. Opportunities for guided and common prayer or to meet a spiritual director will be offered.

Weekend retreats (2 nights) €150

If you are travelling and expect to arrive a little early, you are welcome to ask us about having a light evening meal in Manresa before your retreat begins.

- Cost includes full board and lodging in single en-suite accommodation. Prices apply to bookings made in 2016.

## Oasis Days

### A one-day retreat - time to catch a breath, reflect and pray

Selected Saturdays 9:30 a.m. - 6:00 p.m.

Step aside from the ordinary into the lovely surroundings of Manresa for an Oasis Day. Each day takes place in an atmosphere of silence and comprises a number of elements: reflections, guided meditations, prayer and an opportunity to meet with a spiritual director; a celebration of the Eucharist concludes each day.

**Saturdays in 2016:** 24 September, 15 October, 12 November, 3 December and 10 December.

**Saturdays in 2017:** 28 January, 11 February, 11 March, 1 April, 27 May, 10 June, 22 July, 19 August, 16 September, 14 October, 11 November, 9 December and 16 December.

Oasis Day one-day retreat (lunch and refreshments) €50



## ADVENT & CHRISTMAS

### Advent 3-day Retreat

#### 'A Word Announced in Silence': preparing for Christmas in quiet and contemplation - led by Tom McGuinness SJ and Magdalen Lawler SND

8:00 p.m. Monday 5 December - 9:00 a.m. Friday 9 December 2016  
or 8:00 p.m. Monday 12 December - 9:00 a.m. Friday 16 December 2016



An input each day will offer material for prayer using images and resources from classical and contemporary art, with scripture, music and poetry. These will be silent retreats but there will be times available to share reflections with others for those who wish.

Advent Triduum (4 nights) €230

### New Year 3-day Retreat

#### A way of reflecting on 2016 and preparing for 2017

8:00 p.m. Thursday 29 December 2016 - 2:00 p.m. Sunday 1 January 2017

A valued way to see in the New Year, the retreat starts on Thursday evening and continues until lunchtime on New Year's Day, offering space to reflect on the time gone by and to ask for God's grace on the year to come. These days give ample opportunity to engage in prayer, personal reflection, celebrations of Eucharist and to meet individually with a trained spiritual guide. Participants will be helped to ponder Scripture and to recognise the signs of God's presence in their reflection and in the world around them.

Guided retreat (3 nights) €210

To book a place on any retreat contact Manresa reception on (01) 833 1352 or email [reception@manresa.ie](mailto:reception@manresa.ie) or visit [www.manresa.ie](http://www.manresa.ie)

## ONE-DAY RETREATS

## Holy Week Retreat

## PREACHED RETREATS

Tom McGuinness SJ and Magdalen Lawler SND will lead this retreat with its theme, 'Love bade me welcome'.

8:00 p.m. Friday 7 April - 10:00 a.m. Sunday 16 April 2017

This quiet retreat will weave together scripture, art, poetry and song as Magdalen reflects on the paintings of Sieger Köder and others; Tom's reflective songs will lend to an atmosphere of peace and prayer. The retreat will culminate with the Easter Vigil.

8-day Preached retreat (9 nights) €615



### Praying mindfully, loving discerningly, living reflectively

#### The Examen of Saint Ignatius considered by Laurence Murphy SJ

8:00 p.m. Sunday 19 February to - 9:00 a.m. Saturday 25 February 2017

In the Spiritual Exercises, Saint Ignatius of Loyola proposes the Examen as a way of prayerfully reviewing one's life, the better to grow in understanding how God is present and active. The talks of these days will reflect on who God was to Ignatius and how his insight inspires the modern Christian.

### Jesus amongst women

#### Mike Drennan SJ guides prayerful reflection on the place of women in the gospels

8:00 p.m. Sunday 30 April - 9:00 a.m. Saturday 6 May 2017

Jesus was accompanied by women who were disciples, witnesses and supporters of his mission; in the light of Pope Francis' call for a "deeper theology of women", this retreat reflects on how the gospels portray the presence of women in Jesus' life.

### Faith Lives

#### Insights from Christian history offered by Brendan Comerford SJ

8:00 p.m. Sunday 2 July - 9:00 a.m. Saturday 8 July 2017

Five hundred years after Martin Luther's call to reform in 1517, Christian life remains significantly influenced by him and his contemporaries of 500 years ago. Ignatius of Loyola, Teresa of Ávila, Erasmus and Luther are remembered for their thought and activity; this retreat considers how their words and deeds sprung from their faith and prayer and asks what insight their faith lives continue to hold for us.



5-day Preached retreats (6 nights) €375



To find out about additional retreats or offerings which may be of interest to you, sign up for our email newsletter. [www.manresa.ie/news](http://www.manresa.ie/news)