

## DIRECTED RETREATS

### An Introductory Directed Retreat

8:00 pm Sunday 10 June 2018 to 2:00 pm Friday 15 June 2018

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) €315

### November 2017 - December 2018

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.

#### 6-DAY DIRECTED RETREATS

Sunday 17 June - Sunday 24 June 2018  
Friday 6 July - Friday 13 July 2018

#### 8-DAY DIRECTED RETREATS

Friday 10 November - Sunday 19 November 2017  
Sunday 11 February - Tuesday 20 February 2018  
Friday 20 April - Sunday 29 April 2018  
Tuesday 29 May - Thursday 7 June 2018  
Monday 25 June - Wednesday 4 July 2018  
Sunday 15 July - Tuesday 24 July 2018  
Tuesday 31 July - Thursday 9 August 2018  
Friday 10 August - Sunday 19 August 2018  
Tuesday 28 August - Thursday 6 September 2018  
Tuesday 11 September - Thursday 20 September 2018  
Monday 8 October - Wednesday 17 October 2018  
Friday 9 November - Sunday 18 November 2018

#### 30-DAY SPIRITUAL EXERCISES

Sunday 27 May - Sunday 1 July 2018  
Sunday 26 May - Sunday 30 June 2019  
Sunday 31 May - Sunday 5 July 2020



5-day (6 nights) €395    6-day (7 nights) €475    8-day (9 nights) €630



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 and in 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 information or see our website - [www.manresa.ie](http://www.manresa.ie)



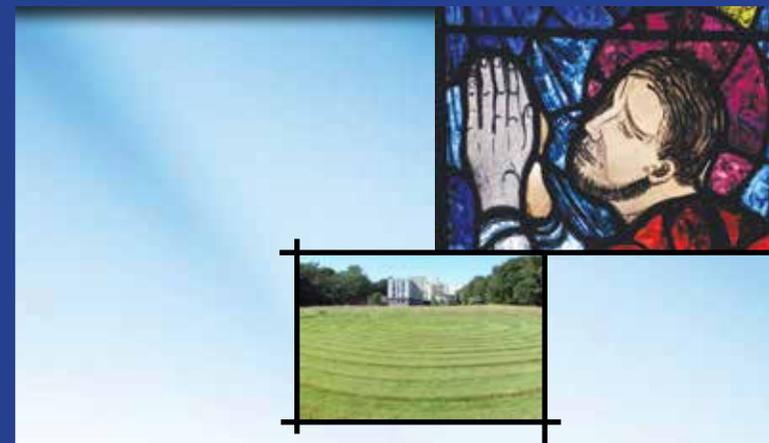
Manresa  
Jesuit Centre of Spirituality  
426 Clontarf Road  
Dollymount  
Dublin  
D03 FP52  
Ireland

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

MANRESA  
JESUIT CENTRE OF SPIRITUALITY

September 2017 - December 2018

RETREATS



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

the JESUITS  
in IRELAND  
ihs

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

### Advent Weekend Retreat

A weekend to focus on the invitation that Advent brings - led by Avril O'Regan RLR and team

8:00 pm Friday 1 December 2017 to 2:00 pm Sunday 3 December 2017

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.



### Our New Earth Awareness

A reflective springtime weekend with Donal Dorr SPS

8:00 pm Friday 2 March 2018 to 3:00 pm Sunday 4 March 2018

This weekend - *Our New Earth Awareness: Responding to Pope Francis' call to ecological conversion* - will be led by Donal Dorr and will guide participants in experiencing and expressing their faith and commitment in a way that takes account of our new earth awareness. Donal will guide the group through a reflection on what the 'ecological conversion' which Pope Francis has called for means for us, helping to see how we can commit ourselves to live it out daily.



### Resting and Reflecting

A summer weekend retreat

8:00 pm Thursday 26 July 2018 to 2:00 pm Sunday 29 July 2018

Take a summer break of a quiet weekend with some gentle input for prayer and reflection. Avail of spiritual direction, guided prayer and silence to allow God to restore and refresh your spirit.

Weekend retreats (2 nights) €165

3 nights €230

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.

## 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 2017:** 16 September, 14 October, 11 November, 9 and 16 December.

**Saturdays in 2018:** 27 January, 17 February, 24 March, 21 April, 26 May, 23 June, 14 July, 18 August, 15 September, 13 October, 10 November, 8 and 15 December.

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



## ADVENT & CHRISTMAS

### Advent 3-day Retreat

Piaras Jackson SJ helps to prepare for Christmas in an atmosphere of quiet and contemplation

8:00 pm Monday 4 December 2017 to 9:00 am Friday 8 December 2017  
or 8:00 pm Monday 11 December 2017 to 9:00 am Friday 15 December 2017

Choose either the first or second week of Advent to spend some time with the seasonal themes. Centered on the themes of Advent and Christmas, and in an atmosphere of silent prayer and reflection, these days provide an opportunity for people to get in touch with the real meaning of the season and the real wonder of what we celebrate.



Advent Triduum (4 nights) €245

### New Year 3-day Retreat

A way of reflecting on 2017 and preparing for 2018

8:00 pm Friday 29 December 2017 to 3:00 pm Monday 1 January 2018

A valued way to see in the New Year, this retreat starts on Friday evening and continues until lunchtime on New Year's Day. The days offer space to reflect on the year gone by and to discern your path in the year to come. With opportunities to engage in prayer, personal reflection, celebrations of Eucharist and to meet individually with a trained spiritual guide, participants are helped to recognise the signs of God's loving presence in their lives.

Guided retreat (3 nights) €230

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

Brendan Comerford SJ will guide these days with the Lord

8:00 pm Friday 23 March 2018 to 10:00 am Sunday 1 April 2018

Centuries of Christian reflection and prayer leave us a rich literary legacy; Brendan Comerford SJ will draw on this profound heritage in leading us through the mysteries of Holy Week.



8-day Preached retreat (9 nights) €630

## Come away and rest a while

Mike Drennan SJ guides reflection and prayer by selecting themes from the gospel of Mark

8:00 pm Thursday 22 February 2018  
to 9:00 am Wednesday 28 February 2018



Mark's Gospel portrays Jesus as Son of God, showing us how prayer and relationship with Abba was integral to the mission of Jesus. We are invited by Jesus to be companions in his mission - to think, act and pray as he does. In this retreat, Mike Drennan SJ will offer reflections on the Gospel of Mark, showing how Jesus calls us into deeper discipleship.

5-day Preached retreat (6 nights) €395

## Seeking God in all things

The relevance and application of the insight of Saint Ignatius is considered by Laurence Murphy SJ

8:00 pm Sunday 13 May 2018  
to 9:00 am Friday 18 May 2018

These days are intended to help participants to appreciate and practice the teaching of Saint Ignatius on prayer and ongoing discernment. The sixteenth century world in which he lived differs in so many ways from ours, yet many aspects of his insights are timeless and continue to serve the contemporary Christian.



4-day Preached retreat (5 nights) €315



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)