



Visit www.manresa.ie/directions

Saint Ignatius, the Jesuits and the Spiritual Exercises

When in Manresa in Catalonia, 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 for 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

RETREATS

COURSES

EVENTS

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



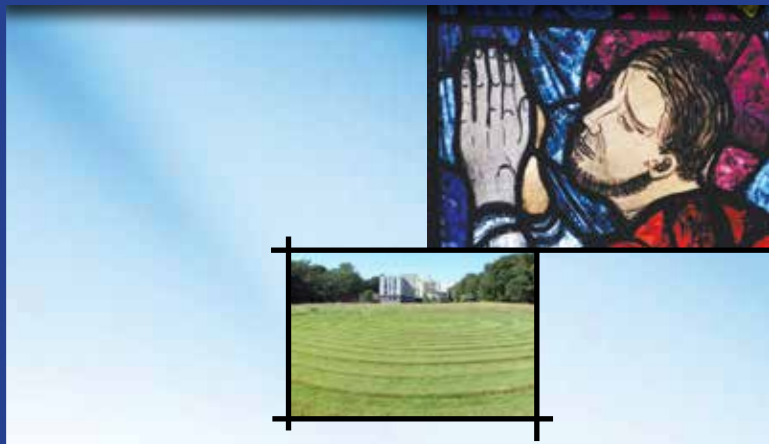
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MANRESA
JESUIT CENTRE OF SPIRITUALITY

OASIS DAYS



www.manresa.ie

the JESUITS
in IRELAND 

Give yourself an Oasis Day

A one day retreat offers time to catch your breath, to reflect and pray

Step aside from the ordinary into the lovely surroundings of Manresa for an Oasis Day.

Each Oasis Day takes place in an atmosphere of silence and comprises a number of elements from which you can choose:

- Reflections and guided meditations
Join a group for some structured quiet time and guidance in prayer
- Time for personal prayer and reflection
Manresa's Chapel, Evie Hone Prayer Room, labyrinth and surroundings help make space for reflection
- An opportunity to meet with a spiritual director
Trained and experienced directors are available for one-to-one meetings
- The Sacrament of Reconciliation
Priests are ready for individual confessions
- A celebration of the Eucharist
Each day concludes with Mass



Choose from one of our regular one-day retreats to give yourself some time to get in touch with God and with what is really important to you.

An Oasis Day takes place each month on a selected Saturday.

Reserve a place for yourself on one now - or give a friend a gift of some time of quiet.



Saturdays in 2018

27 January	14 July
17 February	18 August
24 March	15 September
21 April	13 October
26 May	10 November
23 June	8 and 15 December



Accommodation may be available before or after an Oasis Day in one of the single en suite rooms in the retreat house - phone or email to enquire.

Contact us to see how an Oasis Day can be arranged for your group or parish.

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

www.manresa.ie/oasis-day



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

Give a gift of an Oasis Day
Contact Manresa for a gift voucher