

ADVENT AND CHRISTMAS Advent Weekend Retreats

Members of Manresa's team will lead you in focusing on Advent's invitations

8:00 pm Friday 29 November to 2:00 pm Sunday 1 December 2019
or 8:00 pm Friday 6 December to 2:00 pm Sunday 8 December 2019

Claim some time in Advent as a blessing for yourself, to help you to appreciate more deeply what the season means. Opportunities to pray alone, in company with others, to meet with a spiritual director or just to catch your breath at a time of much busyness.

Guided retreat (2 nights) €180

Advent 3-day Retreat

Dr Ruth Patterson helps to prepare for Christmas in an atmosphere of quiet and contemplation

8:00 pm Monday 2 December to 9:00 am Friday 6 December
or 8:00 pm Monday 9 December to 9:00 am Friday 13 December 2019



Choose either of two weeks of Advent to spend some time with the seasonal themes. Centred on the motifs of Advent and Christmas, these days get in touch with the season's meaning and help in appreciating the deep wonder of what we celebrate.

Advent Triduum (4 nights) €280

New Year Retreat

A way of reflecting on 2019 and preparing for 2020

8:00 pm Sunday 29 December 2019 to 3:00 pm Wednesday 1 January 2020

Many have come to treasure this retreat, coming as it does at a time of the year that lends itself to reflection and rest. These days offer space to reflect on the year gone by and to discern your path for the year to come. With opportunities to engage in prayer, personal reflection, celebrations of Eucharist, meaningful liturgies and to meet individually with trained spiritual guides, participants are helped to recognise the signs of God's loving presence in their lives.

Guided retreat (3 nights) €250



Details of additional short retreats, courses and events will be found on our website and in our newsletter. Sign up for our email newsletter at www.manresa.ie/news



Visit 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

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



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

+353 1 833 1352
reception@manresa.ie
www.manresa.ie



June - December 2019*

RETREATS



Choose a retreat of one or several days to take time to get in touch with God and with what is really important to you.

SHORT RETREATS

Seeing the Light in Life

Some time to notice where you are being called to life

8:00 pm Sunday 7 July to 2:00 pm Friday 15 July 2019

Taking full advantage of Manresa's beautiful setting, this retreat will look at characteristics and qualities of light. Steve Radley, an award-winning photographer and Anglican priest, will guide participants, inviting them to find, reflect on and share images. Steve combines the creativity of photography with spiritual insight to engage retreatants in using their camera or smartphone contemplatively. seeingthelightinlife.org



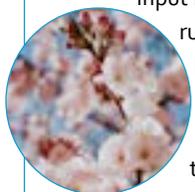
4-day retreat (5 nights) €355

Resting and Reflecting

A summer weekend retreat led by Magdalen Lawler SND and Tom McGuinness SJ

8:00 pm Thursday 25 July to 2:00 pm Sunday 28 July 2019

Take a summer break of a quiet weekend with some gentle input for prayer and reflection. This short retreat, running from Thursday evening to Sunday lunchtime, allows ample time to reflect on scripture, art, poetry and music with options to share in group settings or individually with the retreat leaders. Held in a quiet atmosphere in Manresa, this time will be especially appreciated by those who have enjoyed a Manresa Oasis Day and are drawn to spending a little longer in reflection and prayer.



Weekend retreats (3 nights) €250

ONE-DAY RETREATS

One-day Photography Retreat

A day-long retreat led by Steve Radley, award-winning photographer and Anglican priest

9:30 am to 6:00 pm Saturday 13 July 2019

The day's retreat will explore how you might use your camera or smartphone in a contemplative way, to help you to appreciate light more fully; when exploring the story of our images, we discover images can help us discover something more about our own lives.



One-day retreat (lunch and refreshments) €50

Oasis Days

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

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

Each day takes place in the lovely surroundings of Manresa 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 2019: 13 July, 10 August, 21 September, 19 October, 2 November, 7 and 14 December.



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

Shorter Directed Retreats

These shorter directed retreats offer optional talks and guidance in prayer to those wanting the quiet of an individually guided retreat and supportive input. These retreats begin at 8:00 pm and finish after lunch on the closing day.



Sunday 9 June - Friday 14 June 2019 (5 nights)
Sunday 7 July - Friday 15 July 2019 (5 nights)
Sunday 27 October - Thursday 31 October 2019 (4 nights)
✦ Sunday 7 June - Friday 12 June 2020 (5 nights)
✦ Sunday 5 July - Friday 10 July 2020 (5 nights)
✦ Sunday 25 October - Thursday 29 October 2020 (4 nights)

3-day Directed (4 nights) €280

4-day Directed (5 nights) €355

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

- Cost includes full board and lodging in single en-suite accommodation. Prices stated apply to end of 2019.

To book a place on any retreat contact Manresa reception on (01) 833 1352 or email reception@manresa.ie or visit www.manresa.ie

Longer Directed Retreats

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.

To allow full uninterrupted days, these retreats begin at 8:00 pm and finish after breakfast on the closing day.

6-DAY DIRECTED RETREATS

Friday 28 June - Friday 5 July 2019

Sunday 11 August - Sunday 18 August 2019

✦ Friday 26 June - Friday 3 July 2020

✦ Sunday 9 August - Sunday 16 August 2020



8-DAY DIRECTED RETREATS

Sunday 16 June - Tuesday 25 June 2019

Sunday 14 July - Tuesday 23 July 2019

Tuesday 30 July - Thursday 8 August 2019

Tuesday 20 August - Thursday 29 August 2019

Tuesday 10 September - Thursday 19 September 2019

Monday 7 October - Wednesday 16 October 2019

Friday 15 November - Sunday 24 November 2019

✦ Monday 27 January - Wednesday 5 February 2020

✦ Wednesday 15 April - Friday 24 April 2020

✦ Friday 8 May - Sunday 17 May 2020

✦ Friday 22 May - Sunday 31 May 2020

✦ Sunday 14 June - Tuesday 23 June 2020

✦ Sunday 12 July - Tuesday 21 July 2020

✦ Tuesday 28 July - Thursday 6 August 2020

✦ Tuesday 18 August - Thursday 27 August 2020

✦ Sunday 6 September - Tuesday 15 September 2020

✦ Friday 9 October - Sunday 18 October 2020

✦ Friday 13 November - Sunday 22 November 2020



30-DAY SPIRITUAL EXERCISES

✦ Sunday 31 May - Sunday 5 July 2020

✦ Sunday 30 May - Sunday 4 July 2021

✦ Sunday 29 May - Sunday 3 July 2022

6-day Directed (7 nights) €500 8-day Directed (9 nights) €645



To find out other offerings of interest to you, sign up for our email newsletter. www.manresa.ie/news