



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 online at www.manresa.ie/spiritual-direction-formation

RETREATS

COURSES

EVENTS

This brochure lists only Oasis Days. To find out more about Manresa's other [Retreats](#), [Courses](#) and [Events](#), just ask us to send you information 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, the Evie Hone Prayer Room, labyrinth and surroundings offer space for calm 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.

Oasis Day Saturdays in 2020

18 January	11 July
15 February	8 August
14 March	19 September
4 April	24 October
2 May	21 November
6 June	5 & 12 December

An Oasis Day takes place each month on a selected Saturday. Our website and newsletter will keep you informed about any additional days that may be added.

Other one-day retreats in 2020

Saturday 25 January	Finding God in the Mess
Satharn 29 Feabhra	Diseart Lae ('Oasis Day' in Irish)
Saturday 2 May	World Labyrinth Day Retreat
Saturday 30 May	Pilgrim Ways Walking Retreat
Saturday 30 May	Newman Society Retreat
Saturday 4 July	Pilgrim Ways Walking Retreat
Saturday 11 July	One-day Photography Retreat
Satharn 29 Lúnasa	Diseart Lae
Domhnach 6 Nollaig	Diseart Lae

Consult manresa.ie/calendar for details

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: €60
(lunch and refreshments)



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

www.manresa.ie/oasis-day

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