

## A retreat to suit you...

- One-day retreats (such as our monthly Oasis Days) present an accessible and welcoming format to those with limited time. Staying overnight before or after the day's retreat is sometimes just what is needed.
- Themed retreats typically take an aspect of life and hold it in focus over a number of days. Each person is allowed a chance to reflect on their lives in a structured way.
- A preached retreat typically involves one or two talks to the whole group each day instead of individual accompaniment.
- Other than mass and mealtimes, people on an individually guided or directed retreat spend the day alone in quiet reflection and prayer. A quiet and calm ambience invites each person to find blessing in silence and recollection.

The one-to-one meetings which are offered during retreats are important opportunities to recognise how God is present in each person's life. These conversations with guides trained in accompaniment help each person to attend to how God prompts them in the particular circumstances of their lives.

## 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. Beginning at 8:00 pm, they finish after lunch on the closing day.

*A four-day retreat during the summer will allow time to step outside your ordinary timetable and environment and enjoy some time of rest and prayer in the quiet company of others.*

- Sunday 7 June - Friday 12 June 2020 (5 nights)
- Sunday 5 July - Friday 10 July 2020 (5 nights)

*A retreat during mid-term is an opportunity to pause and review life at a time when schools are closed and the usual schedules relax a little.*



- Sunday 25 October - Thursday 29 October 2020 (4 nights)

3-day Directed (4 nights) €300

4-day Directed (5 nights) €375

Manresa is an ideal venue for your retreat: easily-accessed to make the most of your available time; a comfortable purpose-built modern centre with international cuisine; set in a UNESCO Biosphere Reserve with its many natural amenities; a range of retreats of varying styles and durations throughout the year - you are likely to find a retreat of a style of retreat that suits you.



## Oasis Days

### Monthly one-day retreats

9:30 am to 6:00 pm 18 January, 15 February, 14 March, 4 April, 2 May, 6 June, 11 July, 8 August, 19 September, 24 October, 21 November, 5 & 12 December 2020

Each Oasis Day takes place in an atmosphere of silence and gives you a choice of a number of elements. Time is available for reflection and guided meditations and there are opportunities to meet with a spiritual guide or with a priest for individual confession. Each day concludes with Mass. Overnight accommodation and other meals may be arranged if your diary allows you space for rest and reflection.



Oasis Day: €60

## Other one-day retreats in 2020

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

Consult [manresa.ie/calendar](http://manresa.ie/calendar) for details



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 accredited spiritual direction and supervision courses can be found at [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)



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MANRESA  
JESUIT CENTRE OF SPIRITUALITY

January - December 2020

RETREATS



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

the JESUITS  
in IRELAND  
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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.

#### FOUR-DAY RETREATS

##### The Gospel in our Time

Mike Drennan SJ describes the Gospel's application to our times

8:00 pm Sunday 1 March to 2:00 pm Friday 6 March 2020



The Gospel of Matthew was written for an early Christian community caught in a time of profound transition, where they were striving to remain faithful to their heritage while facing a new and uncertain future. This preached retreat will offer reflections on the Gospel in our time of transition.

##### To Love the Earth

Daily reflections on poets and poetry by Brendan Comerford SJ

8:00 pm Sunday 26 April 2020 to 2:00 pm Friday 1 May 2020

The lives and poetry of George Herbert, Gerard Manley Hopkins, Patrick Kavanagh, R.S. Thomas, Denise Levertov and Elizabeth Jennings will be this preached retreat's stimulus to pray and to reflect on your relationship with God, on your human nature and on the gift of the earth - our sacred sanctuary.

#### WEEKEND RETREATS

##### Spring Weekend Retreat

Draw spring-time inspiration from the natural world around us

8:00 pm Friday 20 March 2020 to 2:00 pm Sunday 22 March 2020



Drawing on the deep-rooted Christian reverence for the earth, Donna Worthington will guide participants as they look around and look within. There will be many opportunities to connect scripture, poetry and images from nature with personal reflection and discernment.

Guided weekend retreat (2 nights) €190

##### Imaging God

"Grant me, O Lord, to see everything now with new eyes."

- Pedro Arrupe SJ

8:00 pm Sunday 7 June to 2:00 pm Friday 12 June 2020

Go deeper into yourself by creating and making images during this directed retreat. Artist and art therapist Colm Brophy will lead participants in considering how images help us to appreciate ourselves and what God is doing in us. Artistic skill is less a requirement than will be a readiness to see with new eyes.



##### Seeing the Light in Life

Some time to notice where you are being called to life

8:00 pm Sunday 5 July to 2:00 pm Friday 10 July 2020



Take full advantage of Manresa's beautiful setting while looking 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.

Combining the creativity of photography with spiritual insight, Steve will engage retreatants in using their cameras or smartphones contemplatively.

[seeingthelightinlife.org](http://seeingthelightinlife.org)

4-day retreats (5 nights) €375

##### Resting and Reflecting

Rest, relax and be renewed on this summer weekend retreat

8:00 pm Thursday 23 July to 2:00 pm Sunday 26 July 2020

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. 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 retreat (3 nights) €265

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)

#### ADVENT AND CHRISTMAS

##### Advent Weekend Retreats

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

8:00 pm Friday 4 December to 2:00 pm Sunday 6 December 2020  
or 8:00 pm Friday 11 December to 2:00 pm Sunday 13 December 2020

Some quiet time in Advent is a blessing, time to help you to receive what the season holds for you. The weekend has precious opportunities to pray alone, in company with others, to meet with a spiritual director - or just to catch your breath at a busy time.



Guided weekend retreat (2 nights) €190

##### Advent 3-day Retreat

Prepare for Christmas in an atmosphere of quiet and contemplation in a Triduum guided by Aileen Murphy RLR and Mary Hunt

8:00 pm Monday 30 November to 9:00 am Friday 4 December  
or 8:00 pm Monday 7 December to 9:00 am Friday 11 December 2020

Choose a week to spend some time centred on the motifs of Advent and Christmas. These days help to get in touch with the season's meaning and to appreciate the deep wonder of what we celebrate.

Advent Triduum (4 nights) €300

##### Hop-on/Hop-off Retreat

Start when you can...finish when you want

Monday 14 December to Friday 18 December 2020

Various elements are offered through each day of the week, allowing you to choose between time for quiet, guided reflection and prayer, daily mass, confession and one-to-one conversation.

Donation will vary according to your choice of time

##### New Year Retreat

A way of reflecting on 2020 and preparing for 2021

8:00 pm Tuesday 29 December 2020 to 3:00 pm Friday 1 January 2021

A precious opportunity to "see in the New Year" in a measured and reflective manner. Prayer, reflection, liturgies and meeting individually with trained spiritual guides help participants to value the signs of God's loving presence in their lives.

Guided retreat (3 nights) €280



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)

#### 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 26 June - Friday 3 July 2020
- Sunday 9 August - Sunday 16 August 2020

##### 8-DAY DIRECTED RETREATS

- 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) €525

8-day Directed (9 nights) €665

##### Holy Week Retreat

Michael Kirwan SJ will guide these days with the Lord during which the liturgies of Holy Week and Easter are celebrated

8:00 pm Friday 3 April 2020 to 10:00 am Sunday 12 April 2020

The preached retreat represents an invitation to enter more fully into the sacred drama of the church's holiest week. We accompany Jesus as he reveals the depth and perfection of God's love for us. Michael Kirwan SJ will give an input each morning as an aid to prayer and reflection. The ceremonies of Holy Week are celebrated in common, culminating with the celebration of the Easter Vigil.



8-day Preached retreat (9 nights) €665

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.