

What is a retreat and why make one?

A retreat is a time of quiet when you can get away from the ordinary demands of life, a time to get a better perspective on the deeper meaning of your life, a time to come into closer contact with God, a time of reconciliation and peace. It is a time to be good to yourself.

What is a conference retreat?

Weekend or mid-week conference retreats are retreats in which a number of individuals hear talks at the same time over the course of three or four days to assist them in their personal reflection and prayer.

These retreats have also been called “preached retreats” because the conferences are somewhat like preaching or “group retreats” because people listen to the talks as a group and also because people often come to these retreats as groups from parishes, associations, or families, returning to Manresa annually at the same time each year.

You can look, if you wish, at our on-line list of parishes and other groups to see if your parish or group already has a set date. But you do not need to come at that time, nor are you excluded from any retreat because you do not belong to the groups coming at that time. Any man may come to a men’s retreat, any woman may come to a women’s retreat.

What time is involved?

A weekend retreat at Manresa usually begins on Friday evening with supper at 7:00 PM. This allows those who work to participate fully. People usually begin arriving around 5:00 PM.

The retreat continues all day Saturday and closes with Mass at about noon on Sunday. Departure is a little before 1:00 PM. Manresa also has some four-day retreats and a few retreats each year that take place in the middle of the week.

What happens during a retreat?

The backbone of the retreat are a series of seven talks or conferences given by the retreat director. The retreatant also has time for personal prayer, devotions, reconciliation and individual talks with a member of our retreat staff. The director may alter the schedule, but it usually looks something like this:

Friday	7:00 PM	Dinner
	7:45 PM	Orientation Talk
	8:15 PM	Mass / Opening Conference
	9:15 PM	Personal time
Saturday	8:05 AM	Morning Prayer
	8:15 AM	Breakfast
	9:15 AM	Conference / Personal time (Rosary or Praying with Scripture)
	11:00 AM	Conference / Personal time
	12:00 PM	Lunch
	2:00 PM	Conference (Reconciliation)
	4:00 PM	Conference / Personal time
	5:15 PM	Mass
	6:00 PM	Dinner
	7:00 PM	Video or Praying with Scripture
	8:15 PM	Healing service (Eucharistic vigil)
Sunday	8:05 AM	Benediction
	8:15 AM	Breakfast
	9:15 AM	Conference / Personal time (Way of the Cross)
	11:00 AM	Conference
	11:45 AM	Final Meeting
	11:50 PM	Closing Eucharist

What are the talks about?

The talks are based on the Spiritual Exercises of St. Ignatius of Loyola, the founder of the Jesuits. The conferences are not dry, academic lectures, but reflections on life’s fundamental directions seen in the light of the Gospels and our Christian Faith.

What are the Spiritual Exercises?

St. Ignatius Loyola, founder of the Jesuits, came to a knowledge of God and of God’s will for himself through prayer and meditation, spiritual experiences and reflection on them. He made notes as he went along on his spiritual journey of whatever he thought could be useful in helping others. Those notes developed into the book of the Spiritual Exercises, which sketches the general dynamics of the spiritual life that retreatants might experience. The retreat director draws upon this rich resource and uses it as the general framework of the retreat talks, while at the same time adapting the material in a variety of ways reflecting the time of year, nature of the group, background of the director, etc.

What happens during personal time?

The director presents material in a general fashion and very often will hand out notes and material, either about the talks or complementary to them, for future reflection. The real benefit of the retreat comes not from what the director says, but from the retreatants’ own personal realization of those elements of the presentation that speak to them in particular, their insight into what God is saying within the secrecy of their hearts, and their application of those insights to their own lives. That is why, in the retreat schedule, there is a time for this all important private reflection and personal prayer.

What about talking and silence?

Manresa has a tradition, common to all Jesuit retreat houses, of maintaining silence during the retreat, which excludes not just conversations, but the use of radios, cell phones, newspapers, or anything else that will distract the retreatants from listening to God and their own hearts. This is not a disciplinary measure or penance, but a way of maintaining a prayerful atmosphere, a method of praying and opening oneself to God. Through silence we are alone with God and we allow other retreatants the opportunity to be alone with God in a privileged way.

What should I bring with me?

In general bring whatever you would need for a couple of nights in a motel. Be comfortable; informal dress is usual and acceptable. Manresa provides such things as towels, soap, blankets, etc. Each retreatant has a private room with half-bath.

How much does a retreat cost (and can I use a credit card)?

At Manresa, there is no set amount charged for a conference retreat. We ask people to make a freewill offering according to their means. We hope to cover costs (roughly the cost of a couple of nights at a motel and five meals) so we can continue our ministry.

Some people can and do offer this amount. Those who cannot are asked simply to give whatever their means allow. Lack of financial resources should never deter or discourage any one from making a retreat; in fact a time of financial difficulty may be the very time when someone needs a retreat the most. There are also those who donate more than the cost and those who contribute to our endowment fund, and this generosity enables us to continue making retreats available to all. And yes, we accept Visa, MasterCard and American Express.

Anything else I should know?

We serve very good meals at Manresa. Those who have special dietary needs should let us know and we will be happy to accommodate them. Our capacity for a weekend is 78. Sometimes we fill the house. At other times the number is less. You should not feel you have to know anyone else on retreat. Just bring yourself. God will do the rest!

How do I make a reservation?

Select the retreat you wish to make from our published schedule, which you may find at our Web site or which we will mail to you at your request. Send us your name, address, phone number and the date of the retreat you wish to attend. You may also may register at our Web site.

How do I get to Manresa?

If you are coming from Telegraph Road, go east on E. Quarton (16 Mile) Road. You will find Manresa to your left just before you come to Woodward Avenue.

If you are coming from I-75, get off at Big Beaver Road and go west. When you cross Woodward Avenue, the front entrance to Manresa is immediately on your right.

If you are coming on Woodward Avenue, go north or south on Woodward to Quarton Road (16 Mile), and turn west; you will find Manresa immediately on the northwest corner of Woodward and Quarton.

FOR INFORMATION CONTACT

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**Weekend & Midweek
Retreats at
MANRESA
Jesuit Retreat House**