

# Christian Meditation Retreat

Friday May 29, 7:30 PM to Sunday May 31, 1:00 PM

This is a silent retreat that offers the experience of meditation as well as “teachings” on our growth in the Christ-life and how meditation helps us be transformed in Christ.

“Teachings” will draw upon the Scriptures, the specific form of the mantra prayer taught by Fr. John Main, OSB, founder of the World Community of Christian Meditation, Fr. Lawrence Freeman, OSB and Fr. Anthony de Mello, SJ. The practice will be emphasized rather than the teachings.

Please wear loose clothing, bring a pillow if you plan to sit on the floor and a yoga mat if you plan to join one of the Christian yoga sessions. Be prepared to spend time in group meditation and privately, sitting or walking the grounds or praying at the Labyrinth or Stations of the Cross.

**Cost: \$225**

**Includes a \$50 non-refundable deposit upon registration;  
balance due prior to arrival on May 29.  
Meals will begin Saturday with breakfast.**

**Register at [www.manresa-sj.org/052920-cm](http://www.manresa-sj.org/052920-cm)  
or call the front office 248.644.4933 Ext. 0.**

*Retreat Director DiAnne Patterson Schultz graduated from Manresa's Internship Program in 2003. She is a trained spiritual director, has led people through the Spiritual Exercises of St. Ignatius, facilitated retreats and presented spiritual workshops and days of reflection. An active parishioner of Gesu Catholic Church in Detroit, DiAnne is a widower with three adult children, four adult step-children and 12 grandchildren.*



*After joining the Society of Jesus, Fr. Leo Cachat, SJ, lived and taught in Nepal for over 40 years before returning to the US, where he established the office of chaplain to the faculty at University of Detroit High School. Since 2007 Fr. Leo has been with Manresa, where he gives retreats, leads pilgrimages and serves in other ministerial capacities.*

**Manresa Jesuit Retreat House – 1390 Quarton Road – Bloomfield Hills, MI 48304**