

# Christian Meditation Retreat



The Christian Meditation Retreat offers the experience of meditation, the opportunity to better understand our growth in the Christ-life and instruction on how meditation helps us be transformed in Christ.

Talks will draw upon the Scriptures and 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, rather than the teachings, will be emphasized.

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 privately—sitting or walking the grounds or praying at the Labyrinth or Stations of the Cross—and in group meditation.

Non-refundable, non-transferable deposit of \$50 due at registration. (Meals begin Saturday with breakfast.)

Register at [manresa-sj.org/050225-mw](https://manresa-sj.org/050225-mw)  
or phone 248.644.4933 Ext. 0.

Friday, May 2, 7:30 PM to  
Sunday, May 4, 2025, 1:00 PM

## Retreat Directors



**Fr. Leo Cachat, SJ**, after initial formation in the States, ministered in Nepal for 40 years. Ordained in India in 1966, he worked as a school principal, founded a retreat ministry and served as regional superior in Nepal. After three years in Myanmar, he returned to the USA as chaplain to the faculty and staff at University of Detroit High School. He has been at Manresa since 2007.



**DiAnne Patterson Schultz** is a trained spiritual companion, having completed Manresa's Internship in Ignatian Spirituality. She has led people through the Spiritual Exercises, facilitated retreats and presented spiritual workshops and days of reflection.



**Mary Gresens** is a graduate of Manresa's Internship in Spiritual Companionship, certified yoga instructor and first degree black belt Nia teacher.