

Manresa Memos

Issue 60 | Dec. 2023-Jan. 2024



Our Mission is to help men and women grow spiritually through prayer, reflection, guidance and teaching according to the Ignatian tradition.

A message from the Executive Director



Sr. Linda Sevcik, SM

Dear Friends of Manresa,

In October I was privileged to make an individual retreat at the Jesuit Retreat Center (JRC) in Parma, Ohio, in the Cleveland area. JRC is presently celebrating its 125th anniversary of serving as a retreat house. Every day I took long walks on the property and talked with God. I began to realize more deeply that I was actually in the place that inspired our retreat house at Manresa.

It was touching to me to realize that, during the JRC's early years, some Catholic men from the Detroit area went there yearly by steamboat for a retreat. They found the retreats so helpful to their growth in faith that eventually they came to believe people should have a place like it in the Detroit area. It was so important to them that they formed the Laymen's Retreat League and purchased the present property that became Manresa about 97 years ago, inviting the Jesuits to run it.

As I enjoyed my time with the Lord at JRC, I was inspired by these men dreaming of bringing a spiritual center to the Detroit area, and thanked God that they were open to the promptings of the Spirit. I thought of all the people, including myself, who have greatly benefited from Manresa all these years thanks to their actions. They dreamed of influencing people to deepen their lives of faith, and so many have been the richer for it!

We will celebrate Manresa's 100th anniversary in 2026, remembering those from whom we received the gift of Manresa, and pray that we may continue to help it fulfill its Mission today.

Let us pray for each other,

Sr. Linda Sevcik, SM

Sr. Linda Sevcik, SM
Executive Director

JOIN US

Weekday Masses

Monday to Friday
8:00 AM in the main chapel
We remember all deceased
retreatants the last Friday of each
month at the 8:00 AM Mass.

Tuesday Prayer

Stay for 30 minutes of private
Christian meditation following
8:00 AM Mass on Tuesdays.

Make a Note of It

The house and office will be
closed for the holidays following
morning Mass on Thursday,
Dec. 14. The house reopens on
Tuesday, Jan. 2, 2024 with the
Mass at 8:00 AM.



MANRESA JESUIT RETREAT HOUSE

1390 Quarton Road, Bloomfield Hills, MI 48304 | 248.644.4933 Ext. 0 | manresa-sj.org

LECTIO Prayer Group



Engaging with the Living Word of God

If you desire a more conversational relationship with God or are curious about how to more readily encounter Christ in our world, consider participating in Manresa's Lectio Prayer Group.

Lectio divina is rooted in Scripture, the living Word of God. By reading the Word, listening and considering how God is speaking to you in daily life, you can grow in finding God in all things. This is a practice that helps you to discern your journey toward God.

Facilitators:

Paula Dow and Kay Dodson

Mondays

10:00–11:15 AM (EST) via Zoom*

Jan. 8 | Feb. 12 | Mar. 11
Apr. 8 | May 13 | June 10

Fee: \$40, due at registration.
Fee is non-refundable, non-transferable.

Register at manresa-sj.org/010824-lectio or phone 248.644.4933 Ext. 0.

*Registered participants will receive an email reminder prior to each meeting with a Zoom link to connect to the meeting.

Sunday Afternoon Reflection: Lent

Sunday, March 3 | 2:00-7:00 PM

Would you like to make a retreat during the season of Lent but can't get away for an entire weekend? Need a spiritual tune-up? Or are you just curious about what a retreat might be like? If so, an onsite Sunday Afternoon Reflection at Manresa is for you!

The afternoon includes two talks, time for private prayer/devotion, Sunday Mass and a delicious meal to round out the day. Your retreat begins at 2:00 PM; however, you may arrive any time after 1:30 PM for refreshments and fellowship.

Register at manresa-sj.org/030324-SAR-lent or phone 248.644.4933 Ext. 0.



Director: Fr. Robert Flack, SJ

Fee: \$50 due at registration.
Fee is non-refundable, non-transferable.

A Day to Call Your Own

Step away from the cares
of your world.



What could be better than a day all to yourself? A day to do something good for your soul. There's no better place to spend a day like that than at Manresa. Enjoy the quiet, away from the busyness of everyday life. We provide you with a private room and a simple lunch; the rest is for you to decide how you want to spend your day. So many options: reflect, pray, walk the property, read or just BE. (No director is available or required.)

8:00 AM–3:30 PM

Thursday, Jan. 18, 2024
manresa-sj.org/011824-day

Tuesday, Feb. 20, 2024
manresa-sj.org/022024-day

Wednesday, Mar. 20, 2024
manresa-sj.org/032024-day

Tuesday, April 23, 2024
manresa-sj.org/042324-day

Wednesday, May 8, 2024
manresa-sj.org/050824-day

Fee: \$50, due at registration.
Fee is non-refundable, non-transferable. Pre-registration is required. (Space is limited.)

To register, go to the links above or phone 248.644.4933 Ext. 0.

Journaling as a Prayer Practice



These three sessions offer practical ways of developing and using a prayer journal as an integral part of your prayer practice. Whether you are already journaling or new to the idea, each session offers practice exercises for spiritual journaling as a regular part of your prayer time. **No writing skills are necessary, just an openness to pay close attention to your review of prayer and then to capture your response for further deepening your relationship with God.** This program invites you to discover ways to journal best suited to your needs and offers an opportunity to discover how spiritual journaling can deepen your listening to the personal experience of God at work in your daily life.

Facilitators: Lori Kneisler and Etta MacDonagh-Dumler

**Sundays, 3:00-4:30 PM (EST)
via Zoom***

Mar. 10 and 24 | Apr. 7

Fee: \$30 due at registration.

Fee is non-refundable, non-transferable.

Register at

manresa-sj.org/031024-journal

or phone 248.644.4933 Ext. 0.

*Instructions for Zoom meetings will be emailed to registered participants prior to each session.

SCRIPTURE STUDY: The Epistles of John

**Tuesdays
9:30–11:30 AM (EST)**

**Jan. 16, 30 | Feb. 13, 27
Mar. 12, 26
Apr. 9**

This course is offered onsite (space limited to 16) or via Zoom.*

Fee: \$100 due at registration.

Fee is non-refundable,
non-transferable.

Register at

manresa-sj.org/011624-scripture

or phone 248.644.4933 Ext. 0.

*Instructions for Zoom meetings will be emailed to registered participants prior to each session



The Johannine Letters

We continue our study of the Pastoral Epistles this semester with the three Letters of John — 1 John, 2 John and 3 John. Written to believers “that their joy may be full,” the main themes of the epistles are love and fellowship with God. Join us as we take a closer look at the first generation of Christians and consider what the letters have to say to us today.

Instructor: Fr. Steve Hurd, SJ

Praying with Gothic & Netherlandish Art

Tuesdays, 7:00–8:30 PM

Feb. 13, 27 | Mar. 12, 26

Apr. 9, 23 | May 7

This semester we will be praying with the work of several Gothic or Early Netherlandish artists, focusing each evening on a different artist.

We'll begin with Duccio, the final evolution in Italy of the icon tradition that we have been looking at for the last year, and then, with Giotto, move into the beginnings of modern art.

We'll also pray with the works of the Limbourg brothers, Rogier van der Weyden, Dieric Bouts, Hans Memling and Juan de Flandes.

Join us for this spiritually enriching program.



Instructors: Fr. Peter Fennessy, SJ and Carole Sugrue

Fee: \$100, due at registration. Fee is non-refundable, non-transferable.

Register at manresa-sj.org/021324-art or phone 248.644.4933 Ext. 0.



Painting by Randall Browning. Used with permission of the Thomas Merton Center at Bellarmine University

Being Sustained in All Things: *Learning from Thomas Merton*

Our challenge today is how to live deeply from a place of love and joy, yet face and respond to division and rapid change.

In this six-week series, we will use the podcasts from Season 1 of “Turning to the Mystics: Thomas Merton” (free from cac.org/podcast/turning-to-the-mystics) to deepen our relationship with God. Featuring clinical psychologist and student of Thomas Merton, Dr. James Finley, **these reflections on Merton invite us to a deepening sense of quiet in the midst of the joys and difficulties of our lives.** It is here that we begin to access being sustained and led by our loving God.

Participants are asked to spend a half-hour a day listening to part of a podcast, reflecting on it, briefly journaling, sitting in silence with it and being prepared to share their thoughts in Zoom meetings.

Facilitator: Rosemary Insley

**Mondays
6:30–7:45 PM (EST)
via Zoom***

Jan. 15, 22, 29 | Feb. 5, 12, 19

Fee: \$60, due at registration.

Fee is non-refundable,
non-transferable.

**Register at manresa-sj.org/011524-merton or phone
248.644.4933 Ext. 0.**

*Zoom instructions will be emailed to registered participants prior to each session.

For Spanish Speakers

Examen del Consciente



Aprendiendo a interpretar los movimientos internos del corazón

**Miércoles de
7:00–8:30 PM (EST)**

**28 de febrero
6, 13 y 20 de marzo**

Facilitador: Sergio Pagés

**Las reuniones serán virtuales por ZOOM.
Instrucciones para la conexión por
ZOOM serán enviadas a los participantes
registrados antes de cada sesión.**

**Costo \$25 por las cuatro sesiones. La
tarifa no es reembolsable ni transferible.**

El Examen es una oración práctica y fundamental para vivir nuestra espiritualidad Ignaciana. Orar el examen diariamente aumenta nuestra percepción de la labor interna del Espíritu Santo, ayudándonos a interpretar los movimientos internos de nuestro corazón. A pesar de su gran valor, para muchos puede ser difícil hacer del Examen un hábito en nuestras vidas. Este taller nos inspirará a renovar nuestro compromiso con esta valiosa oración.

Regístrese por el web manresa-sj.org/022824-examen o por teléfono 248.644.4933 Ext. 0.

Domingo de oración contemplativa guiada

En la tradición Ignaciana, orar con la imaginación se llama contemplación. En los Ejercicios Espirituales de Ignacio de Loyola, **la contemplación es una forma activa de oración que involucra la mente y el corazón y suscita pensamientos y emociones.**

Te invitamos los domingos por la tarde **a experimentar la oración contemplativa guiada en español.** En cada sesión tendrás un tiempo de reflexión en silencio y un espacio para compartir. Cada sesión será guiada por un acompañante espiritual con experiencia en la tradición espiritual Ignaciana.

**Para registrarse, envíe un correo electrónico a ignaciosdemanresa@gmail.com
o al teléfono 248.385.3537.**

**Domingo de
1:30 a 5:00 PM**

18 de febrero

Contemplación de Cuaresma

21 de abril

*Meditación Cristiana, un
camino interior*

19 de mayo

Contemplación de primavera

Costo: Tu donativo es bienvenido.

Se alienta a los participantes a donar a Manresa Jesuit Retreat House en apoyo de su Misión.

Christian
Yoga
for body,
mind &
spirit

**Mondays
5:00–6:00 PM (EST)
via Zoom***
**Jan. 8, 15, 22, 29
Feb. 5, 12, 19, 26 | Mar. 4, 11**

Christian Yoga is a form of prayer in which we place ourselves on this journey to be present in the moment with God, with a focus on breath. **As we move through postures accompanied by meditative quiet and prayer, we find balance, strength and union of our whole self with God.** In the end, this brings us to our quiet center to be still with God and to know His peace. Join us for this healthy, healing practice in an atmosphere of prayer and meditation.

Instructor: Mary Gresens

Fee: \$100, due at registration.

Fee is non-refundable,
non-transferable.

Register at
manresa-sj.org/010824-yoga or
phone 248.644.4933 Ext. 0.

*Zoom instructions will be emailed to registered participants prior to each session.

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Day of Reflection

Facets of Grief

Sundays, 2:00–7:00 PM *including dinner*

Feb. 11, 2024 — *Grieving the Death of a Spouse or Partner* — manresa-sj.org/021124-dor-grief

Apr. 14, 2024 — *Grieving a Sudden or Violent Death* — manresa-sj.org/041424-dor-grief

The Days of Reflection on Grief focus on various types of losses. Each session includes time for prayer, input from faith and psychological perspectives, quiet reflection time and sharing with other participants. Each Day of Reflection is independent of the others. Please register for each afternoon separately.

Fee: \$50 per session, due at registration.

Fee is non-refundable, non-transferable.

Register by going to the link listed above for the session you want to attend or phone 248.644.4933 Ext. 0.

Group Leader: Sr. Linda Sevcik, SM

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Upcoming Conference Retreats

Retreats for Men

Friday-Sunday, Dec. 1-3, 2023

Patron: St. Francis Xavier, SJ **Groups:** Bayer-Toledo **Director:** Fr. Robert Flack, SJ

Friday-Sunday, Jan. 5-7, 2024

Patron: Fr. John Courtney Murray, SJ
Groups: Bishop Gallagher; Our Lady of Refuge, Orchard Lake; Prince of Peace, W. Bloomfield; St. Perpetua, Waterford; St. Thomas (Chaldean) **Directors:** Fr. Fran Daly, SJ and Sr. Kathie Budesky, IHM

Friday-Sunday, Jan. 12-14, 2024

Patron: Fr. Jacques Marquette, SJ **Groups:** Alhambra; Grosse Pointe Vicariate; Hengstebeck; Charles L. Palms Jr; St. Joan of Arc **Director:** Fr. Robert Flack, SJ

Friday-Sunday, Feb. 2-4, 2024 (Men in Recovery)

Patron: Fr. John C. Ford, SJ
Director: Fr. Bob Ytsen, SJ

Friday-Sunday, Feb. 16-18, 2024

Patron: St. Robert Southwell, SJ **Groups:** Notre Dame; Ypsilanti Men; Fr. Bernard J. Wernert **Director:** Fr. Robert Flack, SJ

Retreats for Women

Tuesday-Thursday, Jan. 9-11, 2024

Patron: The Archduchess Joan of Austria
Director: Fr. Robert Scullin, SJ **Note:** Ends after lunch on Thursday

Friday-Sunday, Jan. 26-28, 2024 (Al-Anon)

Patron: Fr. James Cullen, SJ
Director: TBD

Friday-Sunday, Feb. 9-11, 2024

Patron: St. John de Brito, SJ
Director: Sr. Linda Sevcik, SM

Retreats for Men & Women

Friday-Sunday, Jan. 19-21, 2024

Patron: St. Isaac Jogues, SJ **Groups:** Budd Company; Irmens; Kassab; St. Thomas More, Troy **Director:** Sr. Linda Sevcik, SM

Friday-Sunday, Jan. 26-28, 2024 (Spiritual Freedom)

Director: Rosemary Insley



ALL NEW

Jesuit Alumni Retreat

For all those who attended Jesuit schools or universities



Friday-Sunday, Feb. 23-25, 2024

Patron: Fr. Pedro Arrupe, SJ **Group:** Jesuit Alumni **Directors:** Fr. Steve Hurd, SJ, Fr. Fran Daly, SJ and Fr. Trevor Rainwater, SJ

Friday-Sunday, Mar. 1-3, 2024 (Healing Retreat)

Patron: St. John de Brebeuf, SJ **Directors:** Fr. John Esper and Debbie Tourville
Note: Friday dinner at 6:00 PM