



Saturday: A Day for You



Step into stillness: a day just for you at Manresa.

After a long week filled with deadlines, distractions and demands, imagine a day that asks nothing of you—except to simply be. Come to Manresa for a day of quiet renewal, where peace meets purpose and your soul finds space to breathe.

Nestled in the heart of nature, our serene grounds invite you to leave the noise behind and rediscover your center. No schedule. No expectations. Just sacred space and silence. You'll have your own private room and a simple, nourishing lunch. How you spend the day is entirely up to you:

- Walk the peaceful wooded trails.
- Sit in quiet reflection in the library or chapels.
- Pray, journal or read without interruption.
- Or do nothing at all—and let that be enough.

There is no morning Mass, and spiritual directors are not available or required. This is your time. Your retreat. Your renewal.

8:30 AM-4:00 PM

Saturday, Dec. 12, 2026
manresa-sj.org/121226-saturday

Saturday, Apr. 10, 2027
manresa-sj.org/041027-saturday

Fee: \$60, due at registration.

Fee is non-refundable, non-transferable.
Pre-registration is required. (Space is limited.)

Please Note: Arrival and registration at Front Office: 8:00-8:45 AM. A silent retreat will be in progress that day; please be aware of the quiet as you enter. Checkout no later than 4:00 PM. **To register,** go to the links above or phone 248.644.4933 Ext. 0.