

A Retreat in Daily Life

Are you a busy person
or unable to come to Manresa?

This “home retreat” is designed with you in mind!

Starts whenever you are ready and lasts for eight weeks.

“Ignatian Spirituality has never been about ‘leaving the world.’ It has always been about finding God in our world—finding God where I live, in the midst of my problems, struggles, challenges, and desires. It is about growing in perspective, freedom, and the ability to give myself in service more generously.”

~ Creighton University Online Ministries



Ignatius Writing by Ignasi Flores

Based on the Spiritual Exercises of St. Ignatius of Loyola,
this retreat will help you to:

- Learn the Ignatian method of prayer and discernment
- Deepen your relationship with God
- Have a greater awareness of God’s presence in your daily life

To make this retreat you will need to pray daily for 30 minutes (in your home) and meet weekly with a spiritual director (via Zoom, Facetime, phone or in person).

The non-refundable, non-transferable cost of \$120 is payable upon registration:

- Online at www.manresa-sj.org/home-retreat or
- By phone at 248.644.4933 Ext. 0

After you register, Ann Dillon, Manresa’s director of Ignatian formation, will contact you for your desired start date and preferred method of meeting before matching you with a spiritual director. Ann will also provide you with the website for the retreat materials.

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