



Christian Meditation Retreat

A silent retreat for men and women

The Christian Meditation Retreat 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.

Talks 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, 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.

Friday, May 20, 2022, 7:30 PM
to
Sunday, May 22, 2022, 1:00 PM

Cost: \$275

Includes a \$75 non-refundable deposit upon registration; balance due prior to arrival on May 20.

Meals begin Saturday with breakfast.

Register at manresa-sj.org/052022-cm or phone 248.644.4933 Ext. 0.

Retreat Directors



DiAnne Patterson Schultz

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. An active parishioner of Gesu Catholic Church in Detroit, DiAnne is a widow with three adult children, four adult step-children and 12 grandchildren.



Fr. Leo Cachat, SJ

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

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