

## WELCOME TO MANRESA

Manresa Jesuit Retreat House is a place of quiet, peace and prayer that seeks to help people grow in their spiritual life by offering retreats and a variety of other spiritual offerings.

## STAFF

Who are we, what do we do, and why do we do it?

We are Jesuits and colleagues who share a common Ignatian spirituality, so named after St. Ignatius of Loyola, the founder of the Society of Jesus (Jesuits). Ignatius had profound, mystical experiences of God when he was in the town of Manresa near Barcelona in Spain and in the years that followed.

His experience taught him that God speaks to each of us in a unique way, that we who have received should give, and that our experience can be useful to others. We share those beliefs.

The spirituality inherent in his experiences, a way of looking at God, the world and ourselves, has, in fact, helped and inspired countless people and undertakings over the last four and a half centuries.

We want to pass that experience and spirituality on to those who might benefit from them to find their own unique way to God. We want, as Ignatius would say, to “help souls.” That work has been going on at Manresa Jesuit Retreat House since 1926.

Ignatius made notes about his experiences, and those notes grew eventually into *The Spiritual Exercises*, a book that epitomized his spirituality and ours. The Exercises are a guide to what one might pray about, and how one might pray, during time set apart for quiet and prayer — what we call a retreat. Sometimes the best way to move ahead is to retreat.

## RETREATS

Retreats are times to get away from the noise of everyday life in order to get in touch with God and our own hearts. Most retreats at Manresa are silent, so that we may listen to God alone.

Normally there is input from a member of the staff following the content or dynamic of the Spiritual Exercises of St. Ignatius Loyola. There is time for private prayer and reflection. The Eucharist is a focal point of the day for Roman Catholics, and various other devotions and resources are also available to assist in the process.

Conference retreats are given to groups usually from Friday evening to Sunday noon on most weekends. Some of these retreats begin on Thursday evening and are four days long, and a few conference retreats are offered during the week. Various parishes arrange for groups from that parish to come to a particular retreat. But any woman is welcome to a women’s retreat, any man to a men’s retreat.

Some conference retreats address special groups or have particular themes and are occasionally open to both men and women:

- AA Men
- AA Women
- Al-Anon Women
- Caregivers
- Christian Meditation
- Hispanic Groups
- Inner Healing
- Married Couples Retreats
- Religious Sisters
- Those Grieving

There are also individually directed retreats during which individual retreatants may spend from 3 to 8 days in silence and prayer working together with a director. In June, July and August special times are

set aside for such retreats and outside directors are invited to supplement our staff. We also, however, accept requests for individually directed retreats at other times of the year, provided there is room and an appropriate director is available for that period.

Some retreatants are at a stage in their spiritual growth where they can profit from the full Spiritual Exercises, that is to say in an individually directed retreat over an extended period of time. Manresa offers the Spiritual Exercises in Daily Life, at home over a period of ten months. A retreatant must commit to 45 minutes to an hour of prayer per day, in accordance with St Ignatius’ Spiritual Exercises, and meet with a spiritual director once a week for an hour.

## SEMINAR IN IGNATIAN SPIRITUALITY AND INTERNSHIP IN SPIRITUAL COMPANIONSHIP

Manresa offers a series of mini-courses which constitutes a Seminar in Ignatian Spirituality. The Seminar considers the topics of Ignatian Spirituality, Jesus, Discernment of Spirits, Discerning God’s Will and Ignatian Discipleship. The Seminar is open to any and all interested persons. Participants may take as many or as few of its mini-courses as they wish.

The Internship in Spiritual Companionship is a year-long training program. It develops the intern’s skills to help persons deepen their relationship with God. Graduates may serve as spiritual companions or as visitors to hospitals, nursing homes, and jails. They can lead parish fellowship groups or days of reflection. Completion of the Seminar in Ignatian Spirituality is a pre-requisite before beginning the Internship.

## SPIRITUAL DIRECTION

Members of the Manresa staff, their schedules permitting, offer regular spiritual direction to those who seek it. The demand often exceeds our availability so we contact trained and experienced

spiritual directors in the area, some of whom have graduated from our program, and can put people in touch with them according to their need.

## PROGRAMS

Manresa also offers a variety of programs, seminars, and workshops for growth in self-knowledge and the spiritual life. These may be one-day or evening events, or they may last for a weekend or be spread over several months. Topics may include:

- Christian Yoga
- Discernment Workshops
- Journal Prayer
- Learning to Pray
- Lenten and Advent Programs
- Marriage
- Parish Days of Recollection
- Parish Staff Workshops
- Personal Growth
- Reading and other Seminars
- Healing
- Scripture Study
- Women's Programs

## PILGRIMAGES

From time to time members of the Manresa staff lead groups on pilgrimages and tours overseas. In recent years we have visited Ireland, Turkey, Italy, Spain, Poland, and the Holy Land. We have gone on trips in the Footsteps of St. Paul, cruises on the Waterways of Russia, and retreats at sites of Ignatian or Jesuit significance.

## HOSTED EVENTS

Our facilities are also available for use by outside groups with compatible aims. Many associations have their regular meetings here or run their own programs in our setting, groups like:

- AA Men's Meetings

- Christian Church groups
- High School & Kairos Retreats
- Parish & Vicariate Meetings

Though we are a Roman Catholic organization, at least 50 groups of other denominations have found Manresa a convenient and sympathetic place to gather.

## OTHER

The Eucharist is celebrated at Manresa Monday through Friday at 8:00 AM. All are welcome. On Tuesdays Mass is followed by 30 minutes of Christian meditation for those who wish. On First Fridays Mass is often followed by breakfast in the dining room.

## LOCATION

Manresa with its thirty-nine wooded acres bordering the main branch of the Rouge River is located just sixteen miles north of the center of Detroit. It is on the northwest corner of Woodward and Quarton (16 Mile Road) and can be reached via Big Beaver Road from Interstate 75 to the east, or via E. Quarton Road from Telegraph Road to the west.

## FOR MORE INFORMATION CONTACT

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Welcome  
to  
MANRESA  
Jesuit Retreat House