

Guided Contemplative Prayer IN SPANISH



In the Ignatian tradition, praying with the imagination is called contemplation. In the Spiritual Exercises of Ignatius of Loyola, **contemplation is an active way of praying that engages the mind and heart and stirs up our thoughts and emotions.**

We invite you to **experience guided contemplative prayer in Spanish** on Sunday afternoons at Manresa. In each session you will have time for silent reflection and for sharing. Each session will be guided by a spiritual companion with experience in the Ignatian spiritual tradition.

Sundays, 1:30–4:30 PM

Sept. 10, 2023

Autumn Contemplation

Oct. 22, 2023

Preparing for Gratitude

Dec. 3, 2023

The Posada: Welcoming and Receiving Light

Fee: Donations gratefully accepted.

Participants are encouraged to donate to Manresa Jesuit Retreat House in support of its Mission.

To register, please email ignacianosdemanresa@gmail.com or phone (248) 385-3537.