

*Let the Spirit of God
speak to your heart!*



*Two special opportunities this April!
Two Silent Directed Retreats!*



*Experience the
Spiritual Exercises of
St. Ignatius of Loyola
April 30—May 6, 2010*

or

*Discover the riches of the
Dominican Tradition
April 30 — May 6, 2010*





***Silent Directed Retreat
opportunities for students
at St. Mary Student Parish***



WHY should I go on this type of retreat?

There are as many reasons to go on this type of retreat as there are people who attend it. Some of the reasons include: wanting to deepen their relationship with Jesus Christ, desiring to spend quality time in prayer and reflection, wanting to learn more about your self in relationship to God and to others, preparing to make a significant decision, and responding to the movement of the Spirit.

What is a silent directed retreat?

A retreat is an extended period of seclusion during which the retreatant is alone with God in prayer for a substantial amount of time each day. A directed retreat is distinguished from a group or preached retreat. In the directed retreat the director does not give conferences to the group but meets with each retreatant every day. The effort is to help the retreatant to move forward at a pace and in a manner suited to the grace God provides for each individual.

The Ignatian Adventure:

April 30 — May 6, 2010

Spiritual Exercises

The term refers to the *Spiritual Exercises* of St. Ignatius of Loyola. By spiritual exercises Ignatius means meditations, contemplations, examinations of conscience. After his conversion he went into seclusion in a cave at Manresa, Spain and made these kinds of exercises for ten months during which he experienced an intimate union with God. From the notes he made at this time he later compiled the book we know as the *Spiritual Exercises*. His first followers made these Exercises under his direction for thirty days and have benefited Christians for over 450 years since then.

In St. Mary's Ignatian Retreat the director uses scripture and the principles of the *Spiritual Exercises* as a guide in his/her direction of each retreatant. **Among the hoped-for results are increased knowledge and acceptance of self and of Christ, a deepened prayer life, greater ability to discern Christ's on-going invitation to follow him more closely, and freedom and generosity in responding to that invitation.** Although the retreatant spends five full days in "making" the Exercises, this is not meant to be the end of effort. The Exercises are intended to flow into one's daily life—to be lived, not just made.

Interested? Email Fr. Dan Reim, S.J. Or [download information/application](#)

The Dominican Adventure:

April 30 — May 6, 2010

Since the early 13th Century **men and women** have followed in the footsteps of St. Dominic. He founded an Order based on the then revolutionary principles of respect for the individual and a democratic, participative structure of internal governance.

These principles are expressed in the mottos of the Order:

- **Veritas**— the search for truth
- **To Praise, to bless and to preach**
- **Sharing the fruits of our contemplation with others**

Dominican Spirituality is very broad and is lived out through the Four Pillars of Dominican life:

Prayer

Study

Community

Service

During this week of silent prayer you will be invited to consider, explore and deepen your knowledge of each of the "Pillars" and how they are alive and active in your own life!

Silence is a gift that is filled with adventure and growth. There are many paths to follow. Different ways to allow Jesus to speak to your heart through the Word, through nature, through art, through music and silent prayer, etc.

Interested? Email Sr. Catherine Morgan, OP Or [download information/application](#)