

*Ignatian retreats offer  
“the opportunity to be  
refreshed with a renewed  
balance centered in God.”*

Each summer, the Institute of Christian Spirituality offers an individual directed Ignatian retreat on the beautiful campus of Spring Hill College. In the busy rush of daily life, a silent retreat offers a quiet oasis for contemplative time, where the still, small voice of God can be heard. A directed retreat requires an environment of silence and builds on personal prayer and mindfulness rather than conferences or group interaction. It is an opportunity for a person to be alone with God, allowing “the Creator to deal directly with the creature,” in hearing God’s call and responding with generosity.



**SPRING HILL  
COLLEGE**

## FEES

8 Day Retreat - \$640

5 Day Retreat - \$400

3 Day Retreat - \$240

Extra Night Lodging (No Meals) - \$40

Prices Include Room & Board for 8, 5, or 3 Nights.

### For More Information Visit:

<https://www.shc.edu/retreats>

[theology@shc.edu](mailto:theology@shc.edu) | (251) 380-4660

# IGNATIAN DIRECTED RETREATS

SPRING HILL COLLEGE  
JUNE 15-22, 2024





## REST, REFRESH, RENEW...

The eight-day retreat begins with a short orientation. Shorter retreats may be taken for any three or five consecutive days during the same time period, beginning with an orientation session on the previous evening. Based on the Spiritual Exercises of St. Ignatius of Loyola, retreatants meet with a spiritual director once a day. Directors are faculty and graduates of our Spiritual Direction program.

*"The retreat was wonderful.  
I feel like I have spent three  
days resting in the palm of  
God's hand."*

The directors help each participant discern the presence of God in their lives and suggest methods and themes of prayer or meditation for each day, offering appropriate scriptural passages. Outside of daily meetings with the director, retreatants spend their time in personal prayer, reflection, scripture reading and journaling, or walking the grounds of campus. A daily Mass is available in the Sodality Chapel. Meals and accommodations are provided in a specially designated student residence hall, to help ensure an atmosphere of silence and recollection.

*"It has been a great joy to witness God's  
presence and loving touch in the lives  
of retreatants."*

## SPRING HILL COLLEGE

- 380 acre walking campus
- Chapels open 24 hours
- Daily Mass, Adoration available

On a limited basis, individual arrangements can also be made for directed retreats throughout the year or retreats in daily life ("19th Annotation" Spiritual Exercises).

