

Spiritual Direction

Spiritual Direction provides an opportunity for people to deepen their relationship with God and to grow in their ability to discern the many and varied ways in which God is present in their lives.

A qualified spiritual director is on staff at the Center and would be happy to explore the process and the possibilities with you.

Spiritual Exercises in Everyday Life (19th Annotation Retreat)

The 19th annotation retreat is offered to busy people in the midst of their busy lives.

People of varied backgrounds and Christian traditions have benefited from this type of retreat. Such an experience can strengthen the habit of regular prayer, teach a greater facility in discernment, increase one's sense of presence of God and help to integrate work and prayer.

Retreatants commit to a certain amount of prayer daily and meet for an hour each week or bi-weekly with a director for approximately 30 weeks.

For more information, please contact Sister Mary Virginia.

Private Retreats

In a spirit of joyful hospitality we welcome people of all faiths to come to the Center for days, weekends or longer periods of personal prayer.



Information and Registration

Visit our website for additional information:

www.ihminmaculata.org

Click the link "Pray With Us"

or

Contact Sister Mary Virginia

610-647-4136

ihmspcenter@gmail.com

**IHM Spirituality Center
210 IHM Drive
Malvern, PA 19355**

IHM Spirituality Center

Schedule of Events

January—May
2020



“Come away by yourselves to a quiet place and rest awhile...”
(Mk 6:31)



The IHM Spirituality Center is a retreat and renewal center which seeks to be a haven for growth in apostolic love.

We are committed to the saving message of Jesus Christ by which a world in need of healing may be led to a greater knowledge of the truth of God and of oneself; and of the spiritual energy of the empowering and transforming Spirit of Jesus alive within His people.

The Center welcomes both individuals and groups seeking deeper union with the God who saves and sets us free.

Programs

Meeting Christ in Prayer

March 3, 10, 17, 24, 31; April 21, 28; May 5
10 AM–11:30 AM or 7 PM - 8:30 PM

Come join us for an 8-week program series to learn and practice Lectio Divina and imaginative prayer. This unique guided prayer experience is modeled on the Spiritual Exercises of St. Ignatius.

Cost: \$10/session or \$50 for 8 weeks
Deposit: \$15 which will cover the book cost
Registration required by February 18
(Minimum of 4 participants)

Personal Prayer Days

Four Wednesdays in Lent:
March 4, 11, 18 and April 1
9:30 AM - 2:30 PM

Join us for prayer, walk the grounds, pursue our spiritual reading room, find a comfortable chair to read or contemplatively gaze. Guests are invited to come for all or part of the day. The day will open with mid-morning prayer, followed by exposition of the Blessed Sacrament. Mass will be celebrated at 11:30 AM. If you wish to stay for lunch, please bring a bag lunch. Beverages will be provided. The day will conclude with mid-afternoon prayer.

Cost: Free will donation Registration required at least two days prior to event.

Professional Day for Spiritual Directors

April 15, 2020
9:30AM - 3:30 PM

Our presenter will be Sister Karen Doyle, SSJ, a spiritual director and supervisor who has had many years of experience in the formation of spiritual directors in Ignatian Spirituality. Karen will talk on the theme: Noticing, Savoring, Articulating Religious Experience: A Contemplative/Evocative Approach to Spiritual Direction
Cost: Sliding Scale \$40-60 Deposit: \$15
Registration required by April 1 (Minimum of 10 participants)

Silent Directed Prayer Weekend

May 15 - 17
Friday 6:30 PM - Sunday 12 noon

The retreat will begin with a prayer service on Friday evening. There will be an opportunity to meet individually with a spiritual director and there will be a time of quiet solitude and private prayer. There will also be opportunities for Mass on both Saturday and Sunday. Those wishing to come for a weekend of personal prayer without direction are also welcome.

Cost: \$165; \$100 for religious and clergy
\$150 without spiritual direction;
Deposit: \$30
Register by May 1 (Minimum of 10 participants)