Through the Jesuit Colleagues Retreat, the USA Central and Southern Province offers an Ignatian silent retreat for the women and men in apostolates of the province.

The 2021 retreat has been designed to maximize accessibility, with onsite options at four of the province’s retreat centers:

- Manresa House of Retreats, Convent, La.
- Montserrat Jesuit Retreat House, Lake Dallas, Texas
- Sacred Heart Retreat is near capacity. When registering, select “yes” if you want to be placed on a waiting list.
- White House Retreat, St. Louis, Mo.

You may also choose to make the retreat virtually at a reduced cost.

Following the rhythm of the *Spiritual Exercises* of St. Ignatius Loyola, each day will consist of presentations focused on the call to reconciliation, opportunities for private prayer, Eucharist and other forms of communal prayer. Both English and Spanish-speaking spiritual directors will be available.

**Fees**

- **In-person Retreat: $475**
  
  Retreatants that elect to stay at a retreat house will access talks, prayer services, etc. from their laptops on-site at the retreat house. They will also have the option of meeting with a spiritual director in person

- **Virtual Retreat: $100**

For more information, contact Patty Feder: UCSOIS@jesuits.org.

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**The Ignatian Retreat**

A retreat is a gift to yourself: a time of quiet when you can get away from the ordinary demands of life and gain a better perspective on the deeper meaning of your life. It is a time to deepen your relationship with God and bask in His friendship and love.

The Jesuit Colleagues Retreat will be in the style of the Spiritual Exercises of St. Ignatius, including the rule of silence. Retreatants are asked to refrain from speaking during their stay, except during Mass, the meetings with your spiritual director and the optional evening sharing with the group. Meals are together with other retreatants, but in silence.

The rest of the time is on your own, when you are encouraged to pray and consider any materials provided by the speaker. All of the retreat locations offer many beautiful options for walking or enjoying God’s Creation.