MARQUETTE UNIVERSITY HIGH SCHOOL

For Faith, Scholarship and Community

MUHS Parent Retreat in Daily Life

Ignatian Spirituality animates the mission of Marquette High. The well-spring for Ignatian Spirituality and Jesuit Education comes from the Spiritual Exercises of St. Ignatius. These Spiritual Exercises provide patterns of prayer for a spiritual retreat that helps individuals experience God more actively in daily life and know Christ as the face of God.

The MUHS parent retreat is comprised of five, one-hour in-person meetings and seven twenty-minute periods of personal prayer, every two weeks. Prayer will be based on the book, *The Spiritual Exercises for Everyone,* by Doug Leonhardt, S.J. Books will be provided free of charge.

In-person meetings will begin Tuesday, September 28, and conclude Tuesday, November 22. **Group 1 will meet 8:00 a.m. - 9:00 a.m. and Group 2 will meet from 12:00 p.m. - 1:00 p.m.**; participants are welcome to bring their lunches.

Please contact Janice Kofler, kofler@muhs.edu, or Doug Leonhardt, S.J., leonhardt@muhs.edu, to sign up for the sessions or if you would like more information.

MUHS Parent Retreat Details

September 27	The process of the retreat will be explained and then there will be opportunity to pray through Meditation 1, *Finding Solitude*. Meditations 2-8 are suggested for prayer prior to the next meeting.
October 11:	Reflection Meeting on Meditations 2-8 October 11 through October 25, pray over Meditations 9-19
October 25:	Reflection Meeting on Meditations 9-19 October 25 through November 8, pray over Meditations 20-24
November 8:	Reflection Meeting on Meditations 20-24 November 8 through November 22, pray over Meditations 25-30
November 22:	Reflection Meeting on Meditations 25-30