



## **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 27, 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](mailto:kofler@muhs.edu), or Doug Leonhardt, S.J., [leonhardt@muhs.edu](mailto:leonhardt@muhs.edu), to sign up for the sessions or if you would like more information.

## **MUHS Parent Retreat Details**

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