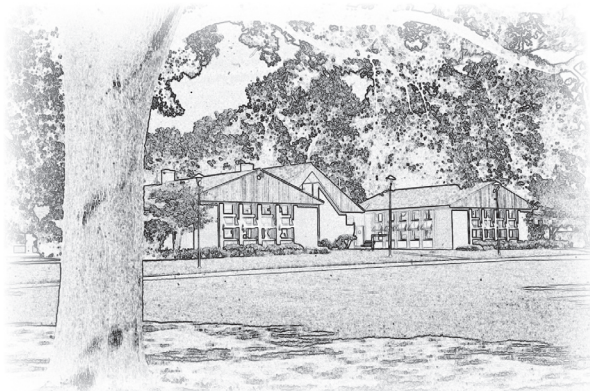


# What's a Personally Directed Retreat?

A retreatant comes with a desire, and God has a desire. The director of a Personally Directed Retreat watches, listens and keeps a flashlight on the conversation between the two.

Like the Center's trademark Ignatian Weekend Retreats, PDR's are silent. Unlike the Ignatian Weekend Retreats, they are not constructed around a group. Instead, they are tailored to the individual.

PDR's offer retreatants a quiet time spent in the tradition of the *Spiritual Exercises* of St. Ignatius, a time for retreatants to pay attention to their own experiences and to God's presence within those experiences. Each retreatant is matched with a carefully selected retreat director. The retreat lasts for seven days, though a retreatant can come for a shorter time.



Milford's Loyola Building is home to most Personally Directed Retreats.

In today's culture, it's important to have a breathing time, a time to pause before rushing on. The PDR provides that kind of time.

A typical retreat schedule has two daily anchors — a 45-minute meeting with a director and Mass late in the afternoon. During the rest of the day, retreatants spend their time in activities designed to deepen their awareness of themselves and their relationship with God. The activities are solitary and contemplative and can include prayer, journaling, reading, walking on the 37-acre grounds, art, music and massage.

At the heart of PDR's are daily meetings between the retreatant and his or her director, or spiritual companion. In each meeting, the director listens to what has been happening in the previous 24 hours and then assists the retreatant in fully exploring the experience. The director may help to discern the nudges and the nuances of the Holy Spirit. He or she may help the retreatant in hearing the voice of God through the many worldly voices and demands that are a part of everyday life. But in each case, the director is present to accompany, to guide.

The goal of the PDR experience is to allow retreatants to go deeper into their relationships with God while at the same time savoring what is happening. Sometimes with this deepening relationship comes healing, and with healing an invitation to be more loving toward family, more actively present in the community, more willing to be stretched by God's love.

## 2011 Schedule of Personally Directed Retreats

**April 8 - 10** Women's Journey, with Judy Hipkind and Antoinette Purcell, OSB.

**May 13 - 20** with directors Lou Lipps, SJ; Marilyn Kaiser; Anne Flanagan, SNDdeN; Margaret Ann Hagan, OSU; Dick Murphy, SJ; Wanda Wetli, CSJ; Pat Brockman, OSU; Tom Ryan, SJ; Dede Swinehart.

**June 17 - 24** with directors Lou Lipps, SJ; Helen O'Brien, OSU; Dan Roche; Dick Murphy, SJ; Margaret Ann Hagan, OSU and Tom Ryan, SJ.

**July 8 - 15** with directors Lou Lipps, SJ; Pat Brockman, OSU; Dan Roche; Robert Thesing, SJ; Barbara Bir, OSU and Renee Nienaber, SND.

**July 29 - Aug. 5** with directors Lou Lipps, SJ; Bill Verbryke, SJ; Anne Flanagan, SNDdeN; Margaret Ann Hagan, OSU; Antoinette Purcell, OSB and Wanda Smith, RSM.

**Oct. 7 - 14** with directors Lou Lipps, SJ; Marilyn Kaiser; Dan Roche; Anne Flanagan, SNDdeN; Helen O'Brien, OSU; Dede Swinehart; Tom Ryan, SJ and Pat Brockman, OSU.

**Nov. 27 - Dec. 4** with directors Lou Lipps, SJ; Antoinette Purcell, OSB; Marilyn Kaiser; Tom Ryan, SJ; Helen O'Brien, OSU; Wanda Smith, RSM and Wanda Wetli, CSJ.

**The Contemplative Retreat, June 10 - 16** with Hans Koenen, SJ, will focus on methodology. In addition to liturgy and quiet times, retreatants will spend each day learning and practicing methods of contemplation. The fee for the retreat is \$450.

**30-Day Spiritual Exercises Retreat, Oct. 2 - Nov. 4.**

*"Come to Me all you who labor and are burdened, and I will refresh you."*



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*Spiritual Center*  
at MILFORD

To begin the registration process, please fill out the information below and include a \$50 deposit and a 1-page biography, which will help in the selection of your director. The fee for a weekend retreat is \$250, and for a 7-day retreat, \$525.

Retreat you wish to attend \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Ph \_\_\_\_\_

Wk Ph \_\_\_\_\_

Emergency contact \_\_\_\_\_

Phone No. \_\_\_\_\_

A non-refundable deposit of \$50 and a short biography are enclosed.

To pay by credit card:

MasterCard  Visa Exp. date \_\_\_\_\_

Card No. \_\_\_\_\_

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## Personally Directed Retreats, 2011



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