



Centre for Ignatian Spirituality

PROGRAMME 2015 -2016



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Colour coding

Retreats for couples and families

Retreats for youths and children

Retreats for religious persons

Retreats for all



Retreat in the countryside

Nature - Stillness - Peace

Have you ever felt that the day to day routine squeezes out moments of stillness? Have you ever felt that the beauty of nature helps you connect with God? Come to this retreat that uses the sights and sounds of nature to enable us to meditate its Author.

Style: 'Inputs' and moments of personal prayers and meditation in the silence of Mount St. Joseph Retreat House as well as during country walks or in some quiet wayside chapel or on the sea-shore. Collective prayers and time for 'sharing' are included.

Led by Clare Camilleri & Maria Theresa Portelli

Fri 02 Oct - Sun 04 Oct

Open to all - Mount St. Joseph



Seminar: The book of Ruth

A lovely narrative that speaks of God and love of neighbour

The Book of Ruth is one of the shortest but at the same time one of the loveliest narratives of the Hebrew Bible. Its main themes are those of loyalty, trust in God, family values, an inclusive attitude to foreigners, and that of emptiness and plenty. In this weekend seminar in English, these tenets will be examined and placed in their proper original context; in turn they will be linked to select themes from the Spiritual Exercises of St. Ignatius of Loyola.

Style: A weekend seminar during which participants will also have time to reflect prayerfully on their own. Sharing sessions are included

Led by Prof. Anthony Frendo

Fri 16 Oct - Sun 18 Oct

Open to all - Manresa



Moses - a man on a journey

We reflect on Moses' life and draw insights relevant to our spiritual journey.

Do you feel the desire to journey towards God? Do you recognise that sometimes you stray from the path that leads to Him? Do you yearn to grow in faith and trust? The story of Moses can serve as a signpost that leads us home.

Style: A residential retreat/seminar based on the book "The life of Moses" by Saint Gregory of Nyssa. Will include time for prayers and meditation.

Led by Fr. Joe Buhagiar Bianco SJ

Fri 20 Nov - Sun 22 Nov

Open to all - Mount St. Joseph



Retreat for married couples

God reaches my spouse through me and the life we share together.

Do you and your partner share the same faith but rarely pray together? Do you and your partner wish to support each other in your spiritual journey? Take this opportunity to grow as a couple so that your relationship may also become a means to grow in intimacy with God.

Style: A residential creative retreat for a group of not more than 8 married couples. Time is allocated for personal prayer and also for prayer as a married couple. Moreover there will be "sharing" within the group. Peace and quiet is recommended throughout the weekend in order to enter fully into the experience. There will be an occasion for couples to renew their marriage vows.

Led by Fr. Chris Vella sj

Fri 04 Dec - Sun 06 Dec

Open to Married couples - Manresa



Silent retreat (individually guided)

*Ignatian style prayer - a journey in self-discovery and in search of God
(duration between 3 & 7 days - selected by participant)*

Do you yearn for some quiet time with the Lord? Do you wish to dig deeper or consolidate what you believe? Join this retreat which includes an individual daily discussion with one of the leaders, substantial time for personal prayer as well as "sharing" of experiences within the group.

Style: Individually guided retreat along Ignatian lines. Duration may be selected by the participants (between 3 and 7 days)

Led by Rita Gatt, Sr Mariella Ebejer and Louis Vella

Mon 07 Dec - Sun 13 Dec

Open to all - Mount St. Joseph

Advent Retreat

Being counter-cultural: preparing for Christmas

Have you ever felt that Christmas comes and you do not come in touch with its meaning?

Style: An Ignatian style residential retreat, with short 'inputs', longer periods of personal prayer, the possibility of personal discussions with the leader in an atmosphere of peace and quiet.

Led by Fr. Edgar Busuttill SJ

Fri 11 Dec - Sun 13 Dec

Open to all - Manresa



Retreat for couples

An occasion to deepen the relationship as a couple and with God

Do you and your partner share the same faith but rarely pray together? Do you and your partner wish to support each other in your spiritual journey? Take this opportunity to grow as a couple so that your relationship may also become a means to grow in intimacy with God.

Style: A residential retreat with short 'inputs', prayers and reflection individually and as a couple, sharing in the group and with the retreat leader.

Led by Fr. Godwin Preca SJ

Fri 22 Jan - Sun 24 Jan

Open to all - Mount St. Joseph



Retreat for families with children

Countryside outings, prayers for parents and for whole family, sharing, relax as a family; separate programme for children.

How is your family evolving? Is it a happy family? What are the hindrances and the helpful solutions for your family to achieve your desired goal in today's world?

Style: The programme includes countryside outings, prayers, meditation, sharing within the group, time to relax as a family, prayers for adults and children together. A separate programme will be organised for children.

Led by Fr. Paul Chetcuti SJ

Fri 05 Feb - Sun 07 Feb

Open to Families with children - Manresa



Retreat inspired by "Lord of the Rings"

Christian values inspired by an epic film

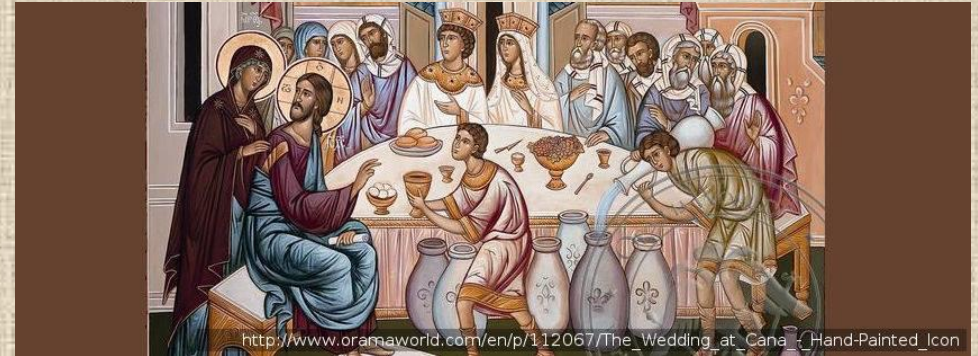
God comes to us not only in prayer but also through many channels in our daily life. A film that revolves around what is noble in all of us and how this struggle against the darker unredeemed side inside and around us can become a creative and powerful opportunity to rekindle our desire to be better persons.

Style: A residential retreat with short 'inputs', prayers and reflection individually and in group.

Led by Fr. Mark Cachia SJ

Fri 12 Feb - Sun 14 Feb

Open to all - Mount St. Joseph



Awaiting Easter - retreat inspired by the icons

Discover new meaning through icons

Would you like to be better prepared for the Holy Week? Would you like to pray with the icons that have proved to be so meaningful to countless generations? This retreat will help you do both.

Style: In this retreat we meditate on some icons and be inspired by the evangelical message contained within them.

Led by Fr. Gerard Buhagiar

Fri 19 Feb - Sun 21 Feb

Open to all - Manresa



<http://www.freestockphotos.name/wallpaper/67/lit-scented-candles-images-photography.html>

Retreat for priests

"Watch and pray ..."

An opportunity to go back to the source and replenish our faith and commitment.

Style: A residential seminar with time for prayers and meditation.

Led by Fr. Edward Farrugia SJ

Mon 29 Feb - Wed 02 Mar

Open to Priests - Manresa



https://upload.wikimedia.org/wikipedia/commons/2/23/Lake_mapourika_NZ.jpeg

Retreat for professionals

An opportunity to stop and pray amidst a busy lifestyle

Do you find yourself overtaken by events and there is no time to come in touch with yourself and with God? Do you wish to bring your values and beliefs to your place of work but struggle to find a way? Do you struggle with questions of faith? This retreat is the right opportunity to give some time to this important aspect of your life.

Style: A residential seminar with time for prayers and meditation.

Led by Fr Mark Cachia sj

Thu 03 Mar - Sun 06 Mar

Open to Professionals - Manresa



https://www.flickr.com/photos/tanya_dawn/4773649874

Embodying Prayer

Learning to pray through your body

Have you ever wanted to pray but failed to find the right words? Would you like to explore how your whole body can become a means for prayer? This retreat is an opportunity to discover how our body, mind and spirit can work together - action and stillness become a way of coming into and remaining in God's presence, a place where we can explore our fears, our desires; our true self.

Style: Participants are guided to pray creatively using their whole body. Exercises adapted from contemporary actor training are used to help participants become more expressive with their bodies and to create routines of body prayer. Maximum number of participants is 15.

Led by Genevieve Mamo and Mary Cassar

Fri 04 Mar - Sun 06 Mar

Open to all - Mount St. Joseph



<https://www.flickr.com/photos/photophilde/6950315850>

Retreat for married professionals

An opportunity to stop and pray amidst a busy lifestyle

Do you find yourself overtaken by events and there is no time to come in touch with yourself and with God? Do you wish to bring your values and beliefs to your place of work but struggle to find a way? Do you struggle with questions of faith? This retreat is the right opportunity to give some time to this important aspect of your life.

Style: A residential seminar with time for prayers and meditation.

Led by Fr Joe Mizzi (Cana Director)

Thu 10 Mar - Sun 13 Mar

Open to Married professionals - Manresa



Retreat for families

Weekend of prayer and reflection for the whole family.

Would you like an opportunity to enjoy some quiet time with the Lord? Are you concerned who will take care of your young children in the meantime? This retreat will enable couples to pray in quiet while trained child minders keep the children busy with a creative programme of fun activities and age-appropriate reflections. There will be time to pray as individuals, as a couple as well as a whole family.

Style: A residential retreat in Ignatian style - with short inputs, longer spaces for personal prayer, together with the possibility of individual discussion with the leader - in a quiet and recollected atmosphere. There will also be a programme of prayer and activities suitable for children, divided into groups, according to their age.

Led by Fr Pierre Grech Marguerat SJ & Cristina Spiteri

Fri 18 Mar - Sun 20 Mar

Open to Families with children - Mount St. Joseph



Holy Week in prayer

A powerful experience of accompanying Christ in his death and resurrection.

Do you wish to be close to Jesus in his last days? Do you wish to taste the glory and eternal hope of the Resurrection? This retreat is a golden opportunity to immerse yourself in the great events of the Holy Week and let them lead you to intimacy with Christ.

Style: A residential retreat with short 'inputs', personal prayer, sharing in group and individual discussions with the retreat leader. The retreat will include liturgical celebrations, a Passover Meal, Via Sagra, adoration of the Eucharist and Easter morning praise among others.

Led by Fr. Godwin Preca SJ

Thu 24 Mar - Sun 27 Mar

Open to all - Mount St. Joseph



Trust in the Lord and you will be healed

A journey through selected psalms that speak of trust

An opportunity to savour the beauty of the psalms and to allow them to carry us in our search to trust a loving God even when this does not come easy.

Style: A weekend seminar during which participants will also have time to reflect prayerfully on their own. Sharing sessions are included

Led by Prof. Anthony Frendo

Fri 08 Apr - Sun 10 Apr

Open to all - Mount St. Joseph



Retreat in the countryside

Nature - Stillness - Peace

Have you ever felt that the day to day routine squeezes out moments of stillness? Have you ever felt that the beauty of nature helps you connect with God? This retreat uses the sights and sounds of nature to enable us to meditate its author.

Style: Inputs' and moments of personal prayers and meditation in the silence of Manresa House as well as during country walks or in some quiet wayside chapel or on the sea-shore. Collective prayers and time for 'sharing' are included.

Led by Clare Camilleri u Rosalie Scicluna

Fri 15 Apr - Sun 17 Apr

Open to all - Manresa



Camping with a difference

An adventure for youths, where shared fun and the promotion of the right values go hand in hand.

Are you an outdoor person who enjoys being in good company? Come for this camping adventure which includes loads of outdoor fun mixed with moments of discussion and reflection in the open air.

Style: A camping week-end with a mixture of activities and discussions.

Led by David Azzopardi

Sat 16 Apr - Sun 17 Apr

Open to Teenagers - Mount St. Joseph



Retreat for families with children

Countryside outings, prayers for parents and for whole family, sharing, relax as a family; separate programme for children.

How is your family evolving? Is it a happy family? What are the hindrances and the helpful solutions for your family to achieve your desired goal in today's world?

Style: The programme includes countryside outings, prayers, meditation, sharing within the group, time to relax as a family, prayers for adults and children together. A separate programme will be organised for children.

Led by Fr. Paul Chetcuti SJ

Fri 29 Apr - Sun 01 May

Open to Families with children - Manresa



Retreat for married couples

God reaches my spouse through me and the life we share together.

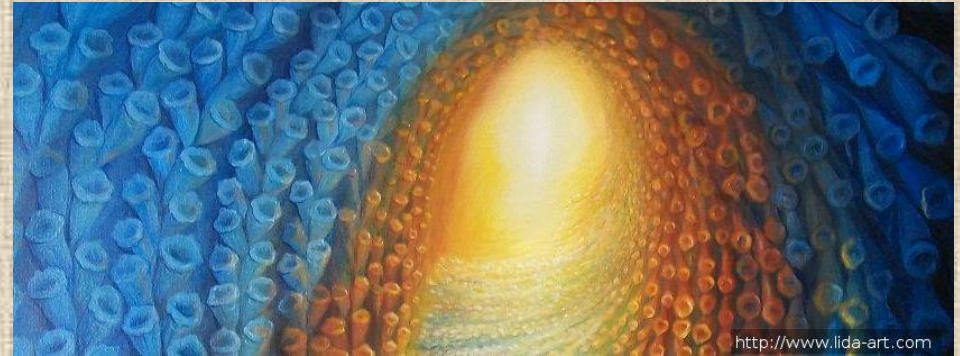
Do you and your partner share the same faith but rarely pray together? Do you and your partner wish to support each other in your spiritual journey? This retreat is an opportunity to grow as a couple and that this relationship becomes a means to grow in intimacy with God.

Style: A residential creative retreat for a group of not more than 8 married couples. Time is allocated for personal prayer and also for prayer as a married couple. Moreover there will be "sharing" within the group. Peace and quiet is recommended throughout the weekend in order to enter fully into the experience. There will be an occasion for couples to renew their marriage vows.

Led by Fr. Vince Magri SJ together with Carmel and Carmen Conti

Fri 06 May - Sun 08 May

Open to Married couples - Mount St. Joseph



Prayers in colour (for children)

Seeing God through painted art

Children have an innate capacity to understand with their hearts and a wonderful ability to imagine. Led by Lida Sherafatmand, who is both a teacher and an artist, children will surely enjoy this creative journey.

Style: Lida will present a set of paintings and explain her interpretation of the emotions the artist sought to communicate in a language that is understandable by children (9 to 14 years of age). The children will then be encouraged to find their own personal meaning for the painting and to share it with the group if they desire. The themes that come out will then be used in guided prayer.

Led by Lida Sherafatmand

Fri 06 May - Sun 08 May

Open to Children between 9 and 14 years - Mount St. Joseph



Prayers in colour

Seeing God through modern art as well as all-time classic paintings

Paintings have the power to stir us deeper than words. They have the potential to move us internally and bring us closer to God and to ourselves. Do you find it difficult to pray using texts? Would you like to enrich your prayer life through art? This retreat is for you... We'll be accompanied by classical works of art and modern paintings by Lida Sherfatmand, who will be present to help us with this experience.

Style: Lida will present a set of paintings and explain her interpretation of the emotions the artist sought to communicate. Participants will then be encouraged to find their own personal meaning for the painting and to share it with the group if they desire. There will also be suggested readings for personal prayer to help participants transform the paintings into instruments for personal conversion. Led by Lida Sherfatmand

Fri 06 May - Sun 08 May

Open to all - Mount St. Joseph



The art of making good choices

Discover the will of God - discover your true self

Life is a string of decisions, small and big, and the quality of our decisions will shape our lives. Ignatius of Loyola understood the process of deciding very profoundly and shared this wisdom in his writings on spiritual discernment. This retreat will examine his time-honoured advice and help participants apply it in concrete decisions.

Style: A residential seminar/retreat with short 'inputs', personal reflection and the application of the discernment principles in real life situations.

Led by Fr. Chris Vella SJ

Fri 13 May - Sun 15 May

Open to all - Manresa



Healing Life's Hurts

Discover Jesus as a healer

All of us are wounded in some way since pain is an integral part of what it means to be human. This retreat will be an opportunity to put our hurts and struggles at the foot of the cross and come in touch with a compassionate God who never fails to accompany us no matter how dark it gets.

Style: A residential retreat with short 'inputs', prayers and reflection individually and in group.

Led by Fr. Alex Refalo u Sr. Magdalene Cauchi

Fri 20 May - Sun 22 May

Open to Religious and consecrated persons - Mount St. Joseph



Retreat for women religious

"I am the Lord's servant," said Mary; "may it happen to me as you have said." (Lk 1:38)

An opportunity to go back to the source and replenish our faith and commitment.

Style: Individually guided retreat. Duration may be selected by the participants (between 5 and 8 days)

Led by Fr. Paul Deguara, SJ

Sun 19 Jun - Mon 27 Jun

Open to all. - Manresa



<https://myangelinvestment.com/wp-content/uploads/2015/08/>

Discovering a healthy Lifestyle

A blend of manual work, exercises and reflection leading to an interior silence where we can meet God.

Do you struggle to make space for God in your daily life? Hermits felt this need and went to the desert to be with God alone. You too can create your own "desert in the city" where you can meet God in the concrete circumstances of your life journey.

Style: A residential retreat that includes inputs by the retreat leader, manual work in the garden, group sharing and personal reflection.

Led by Fr. Godwin Preca SJ & Jean Paul Cauchi

Thu 30 Jun - Sun 03 Jul

Open to all - Mount St. Joseph

Bookings and enquiries

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