

“What do I do to make this retreat?”

5 Steps:

1. Pre-Register

Detach and return the registration form to University Ministry by *Wednesday, January 23* (More details inside.)

2. Resident Students: attend Mass on Sunday, January 27 at 10:00 p.m. (St. Ignatius Chapel in C & F Building).

3. Orientation Meeting

For resident students (and anyone else who wishes to attend), orientation is at 9:20 p.m. , prior to the 10:00 pm Sunday Mass. For all others, it will be done by phone in advance.

4. 30 Minutes of Prayer

Set aside half an hour each day for prayer (fit into YOUR schedule).

5. Talk with a Companion (Guide)

Meet a half-hour each day with your spiritual companion or guide (fit into YOUR schedule).



Time for Reflection & Prayer
on Campus

January 27-31, 2008

Sponsored by

UDM University Ministry,
the Sisters of Mercy
and the Jesuits

Registration for Busy Person's Retreat
January 27-31, 2008

Name: _____.

Res. Hall Phone: _____ Room No.: _____.

Alternate phone (work and/or cell) _____.

Email address: _____.

SUMS Box No. _____.

For students living off campus:

Local phone: _____.

Local (off-campus) address: _____.

_____.

Mark the times you **ARE** available to meet your Spiritual Guide:
(times are listed in half-hour blocks, from 8AM thru 10PM)

	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon															
Tue															
Wed															
Thu															
Fri															

I would prefer a guide who is: () a male () a female () no preference

**Detach & return this side to University Ministry by
Wednesday, January 23**

Busy Person's Retreat
(January 27-31, 2008)

- ⇒ ...is a retreat that fits into your busy schedule.
- ⇒ ...is an opportunity for you to deepen your relationship with God.
- ⇒ ...is open to ALL students at UDM.
- ⇒ ...is a unique experience in that each day you will be able to talk with a Spiritual Companion (a Sister of Mercy or a Jesuit or University Minister), at a time you arrange.
- ⇒ ...allows you to enter into a retreat-like atmosphere and maintain your busy daily schedule. Just set aside one half-hour for prayer each day!
- ⇒ ...also provides opportunities for communal prayer: weekday Mass (optional), as well as a closing prayer ritual to for those who want to experience prayer in community.
- ⇒ ...can include an introduction to Catherine McAuley and Mercy spirituality, or to St. Ignatius of Loyola and Ignatian (Jesuit) spirituality.

*****save this page for your information!!!*****