



# All Things Ignatian



## Come to the Quiet

### Ignatian Silent Retreat: Restful, Reflective, Receptive...

*A collaborative project:*

*Campus Ministry, Deglman Center for Ignatian Spirituality, and Creighton University Retreat Center.*



## The Spiritual Exercises

St. Ignatius reminds us in the Spiritual Exercises that we are created to praise, reverence, and serve God. It is this identity as beloved creatures, formed by God, that we seek to connect with on a silent retreat. Once we begin to realize and reverence this identity, we can more fully respond to God's call to share our giftedness in love and service.



By removing everyday distractions and concerns, we can begin to see ourselves the way God sees us and experience God's mercy and healing. Through contemplation on the birth, ministry, crucifixion, and resurrection of Jesus, we are then challenged to make a choice to live as Jesus lived and serve the world in a meaningful way.



## The Retreat

All members of the Creighton community (students, faculty, and staff) are invited to this experience of Ignatian Spirituality. Presentations on praying with the various steps of the Spiritual Exercises are offered throughout each day of the retreat. These presentations are accompanied by silent time for personal prayer and reflection, individual meetings with a spiritual companion, daily Mass, and a group Examen to end the day.

Sponsored by the Creighton University Jesuit Community, in association with the Deglman Center for Ignatian Spirituality.