

SAVE THE DATE:  
UCS COLLEAGUES RETREAT  
**JULY 9 - 15, 2023**

Through the Jesuit Colleagues Retreat, the USA Central and Southern Province offers an Ignatian silent retreat for the women and men working in apostolates of the province. To make this experience accessible to all our works, the province covers half the cost.

The 2022 retreat has been designed to maximize accessibility, with onsite options at several retreat locations:

- **Sacred Heart Retreat House**  
Sedalia, Colorado
- **Jesuit Spirituality Center**  
Grand Coteau, Louisiana
- **Orchid Bay Resort**  
Corozal, Belize
- **White House Jesuit Retreat**  
St. Louis, Missouri
- **Xavier Jesuit Center**  
OIS-Denver, Colorado
- **Other** (tba)

Following the rhythm of the Spiritual Exercises of St. Ignatius Loyola, each day will consist of presentations focused on the call to reconciliation, opportunities for private prayer, Eucharist and other forms of individual and communal prayer. Both English and Spanish-speaking spiritual directors will be available.

**Fee:** In-person Retreat: \$495  
Retreatants will access talks and experience prayer services in-person and virtually, but from a common device viewed in a central location at the retreat house. They will also have the option of meeting with a spiritual director in person.

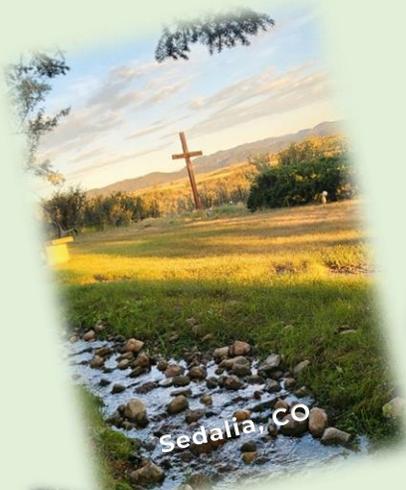
For more information, please contact



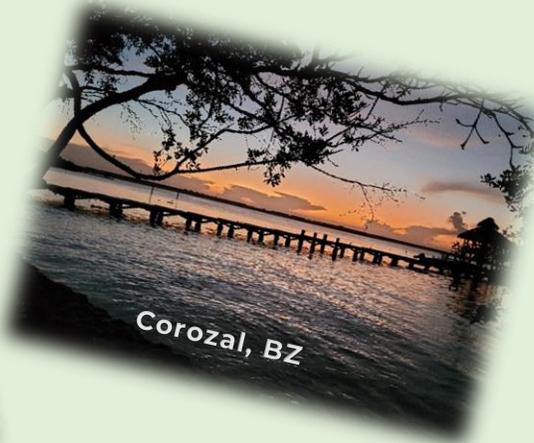
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Sedalia, CO



Corozal, BZ



Grand Coteau, LA



St. Louis, MO



OIS-Denver, CO



“Come to the Quiet”

## Registration to Open January 2023

**The Ignatian Retreat** A retreat is a gift to yourself: a time of quiet when you can get away from the ordinary demands of life and gain a better perspective on the deeper meaning of your life. It is a time to deepen your relationship with God and bask in God’s friendship and love.

The Jesuit Colleagues Retreat is patterned after the spiritual dynamics of the Spiritual Exercises of Saint Ignatius of Loyola. It is a silent retreat at which participants are asked to refrain from speaking during their stay, except during Mass or meeting with their spiritual director, as well as the optional small group faith sharing in the evening. Such silence enables the retreatants to listen ever more attentively to the inner movements of their soul, which Ignatius deeply believed is how God communicates. Similarly, having meals in silence allows retreatants to *sentir y gustar* (to sense and to taste) the divine grace at a deeper level. All retreat locations offer beautiful options for walking or enjoying God’s Creation.