



What is an At-Home Retreat? It is for anyone seeking a streamlined, convenient retreat experience that can be done in the comfort of your own home.

Who is this retreat for? For busy persons with jobs and families, for stay-at-home moms and dads, for those caring for family members, for individuals between jobs, for someone who would like spiritual enrichment and focused prayer time.

What is the time commitment for the retreat? The retreat usually spans a period of six to eight months. You will meet with a retreat director twice a month for about 30-45 minutes, and there is a daily commitment for prayer.

Who is the retreat director and what is his/her role? A retreat director is a trained spiritual director sensitive to God's presence and activity. Confidential meetings with your retreat director will take place at Transformations Spirituality Center at a mutually agreeable time, during the day or evening.

What can I expect to pay for the retreat? There is a \$25-\$35 offering for each meeting with the retreat director.

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Sisters of St. Joseph
Transformations
SPIRITUALITY CENTER
3427 Gull Road, PO Box 02, Nazareth, MI 49074

Integrating the Sacred
**An At-Home
Spiritual Journey**
Brings the retreat to you



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*...a place to deepen your
relationship to self, others,
nature, earth and God.*

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3427 Gull Road, Nazareth, MI 49074
(M-43 just east of Kalamazoo)

www.transformationscenter.org

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SPIRITUALITY CENTER

Transformations Spirituality Center is offering an At-Home Retreat inspired by the Spiritual Exercises of St. Ignatius. This retreat experience can be done in the comfort of your own home and in the context of your everyday life. Although adapted to your own pace, the retreat usually spans a period of six to eight months in which you meet with a retreat director at least twice monthly and set aside a daily prayer time. The retreat is patterned on the movements and exercises offered by St. Ignatius. As a result of the retreat, you can expect to grow in your relationship with God, in clarity about your own life path, in spiritual freedom, and in an inner peace that comes from a deeper sense of God's love for you. The At-Home Retreat format is very popular and adapted by spirituality centers and parish communities around the country. The retreat may begin at any time, but if begun in September, the themes for prayer tend to

coincide with the liturgical year. There is a \$25-\$35 offering for each meeting with the retreat director.

Retreat Summary

Basic Assumption: The Ordinary is the vessel of a deeper truth.

Overall Aim: Tuning your life to the tone God sounds in your heart!

Overall Movement: Follows the pattern of a symphony.

Overture—Introducing foundational themes.

- 1st Movement: Called into Freedom
- 2nd Movement: Companioning Christ
- 3rd Movement: Testing Commitment
- 4th Movement: Partnering in Mission

Recapitulation: Loving as God Loves.

Recommended Reading:

Companions of Christ: Ignatian Spirituality for Everyday Living
by Margaret Silf

Finding God in All Things
by William Barry

Finding God in Each Moment: The Practice of Discernment in Everyday Life
by Carol Ann Smith and Eugene Merz

God in All Things by Gerard Hughes

Interested in this retreat? To register or request a retreat director to contact you, please fill the form below and mail or fax to Transformations.

Name

Address

City

State

ZIP

Phone (Day)

Phone (Evening)

E-mail address

Sisters of St. Joseph
Transformations
SPIRITUALITY CENTER

Mail or FAX 269.381.4616
the form, or call (269) 381-6290, Ext. 310.

Mail to: Transformations
3427 Gull Road, Box 02,
Nazareth, MI 49074

For more information visit www.transformationscenter.org