

# SILENT IGNATIAN RETREAT FOR WOMEN

For He Is Gentle & Humble of Heart

**Creighton University  
Retreat Center  
November 7-10, 2024**



“Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.” (Matthew 11:29)

Our time will be spent seeking the grace to recognize, savor and yoke ourselves to the gentle and nurturing love of God. Lori will present reflections and offer a variety of ways to sink into a deeper conversation with God through Ignatian Contemplation, nature, poetry, and other forms of prayer. This 3-day silent retreat offers abundant time for enjoying the rhythms of quiet reflection and prayer, wandering in nature, journaling, and other creative expressions.

There will also be opportunities to celebrate the Eucharist, meet with a spiritual director and participate in the Sacrament of Reconciliation. Meals as well as the rest of the days will be in *prayerful silence*.



Lori Stevens, holds a MA in Christian Spirituality & is a Certified Spiritual Director. She is a lifelong learner and retreat leader, who delights in accompanying others on their journey to God. Lori is actively involved with the Ignatian Spirituality Center of Kansas City teaching Ignatian Spirituality, guiding individuals through the Spiritual Exercises and offering group retreats.

The retreat cost is based on single occupancy and includes meals—**\$425**

Check-in Thursday between 4:00 –5:00 p.m.

The retreat concludes Sunday at 2:30 p.m.

A non-refundable deposit of \$75 is requested

at registration. Register by scanning the code or on-line at <https://www.creighton.edu/retreatcenter/scheduleofretreats>



Creighton University Retreat Center

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