

## **SILENCE AND INWARDNESS**

### **In the teachings of Ignatius Loyola**

Ignatius Loyola came down on foot from Montserrat to Manresa where he spent eleven months. This was a period of the utmost importance in his life and in the life of the Society of Jesus. His chosen spot for silence and prayer was the cave on which the Retreat House is at present. The experience lived by Ignatius in this place will flourish later on in the shape of the “Book of the Spiritual Exercises.”

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### **1. OFFERING A PLACE FOR SILENCE**

- The Cave of St. Ignatius makes available its premises to persons or groups in search of moments of silence, prayer, study, etcetera, for one day or more. As far as possible the House team, will provide counselling to those asking for it in advance.

- The Cave Management is open to requests done by groups looking for a simple and quiet place to meditate, study, or take decisions, whether it may be an NGO, a school, a university, a union, a company or an association, etcetera.

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### **2. RETREATS**

#### **2.1. INTERNATIONAL OFFER**

#### **RETREATS IN DIFFERENT LANGUAGES**

*In English, French, Italian, Catalan and Spanish. The Cave of St. Ignatius wishes to make easy to people all over the world the possibility of making an “Ignatian Retreat” in the very “starting place”: Manresa; either a full month Retreat or a few days to meditate and pray.*

- In the month of November
- From April 26<sup>th</sup> to May 26<sup>th</sup>

## **2.2. A MONTH RETREAT**

*It is the experience in full of the Spiritual Exercises as suggested by St Ignatius: A lot of silence and prayer, a relaxed day, a daily meeting with the Counsellor who personalizes the experience according to each one’s needs.*

July 1<sup>st</sup> to 30<sup>th</sup>, 2010. - ***Xavier Melloni, F. Peris, C. Coupeau, S.J. and Asun Puche.***

August 1<sup>st</sup> to 30<sup>th</sup>, 2010. - ***Carles Marcet, S.J.***

September 1<sup>st</sup> to 30<sup>th</sup>, 2010. - ***Francesc Riera and Josep Sugrañes, S.J.***

November 1<sup>st</sup> to 30<sup>th</sup>, 2010, - ***Josep Sugrañes, S.J.***

July 1<sup>st</sup> to 30<sup>th</sup>, 2011. - ***Xavier Melloni, F. Peris, C. Couoeau, S.J. and Asun Puche.***

August 1<sup>st</sup> to 30<sup>th</sup>, 2011. - ***Francesc Padrosa, S.J.***

September 1<sup>st</sup> to 30<sup>th</sup>, 2011. - ***Francesc Riera and Josep Sugrañes, S.J.***

November 1<sup>st</sup> to 30<sup>th</sup>, 2011. - ***Josep Sugrañes, S.J.***

## **2.3. AN EIGHT OR FIVE DAY RETREAT**

*It is a time of spiritual renewal and a stop in the middle of our nervous daily atmosphere. Two or three times a day there is group guidance on prayer. There is also personal guidance for all the groups.*

***Those for whom it is not possible to take an eight day Retreat can take in fewer days. Please contact the secretary’s office.***

### **A FIVE DAY RETREAT**

***September 2010,***

16<sup>th</sup> to 21<sup>st</sup> - ***Ramon Fabregat, S.J.*** (in Catalan)

***December 2010,***

3<sup>rd</sup> to 9<sup>th</sup> - ***Francesc Riera, S.J.*** (in Catalan)

26<sup>th</sup> to 31<sup>st</sup> - ***Xavier Rodríguez and Ignasi Vila, S.J.*** (personalized)

***April 2011***

15<sup>th</sup> to 20<sup>th</sup> - *Llorenç Puig, S.J., M<sup>a</sup> Àngels Malgosa and team* (personalized).

## AN EIGHT DAY RETREAT

### **May 2010**

24<sup>th</sup> to 31<sup>st</sup> - *Francesc Roma, S.J.* (in Catalan)

### **July 2010**

1<sup>st</sup> to 10<sup>th</sup> - *Carlos Domínguez, S.J.* (in Spanish)

11<sup>th</sup> to 20<sup>th</sup> - *Josep Rambla, S. Torres, P. Vidal (Jesuits), A. Pitarch (a layman), J. Rodado (a priest), J.M. Vallejo (Capuchin)* (personalized - THERE IS ALSO THE POSSIBILITY OF MAKING THIS RETREAT FROM 11<sup>th</sup> to 17<sup>th</sup>).

21<sup>st</sup> to 30<sup>th</sup> - *David Guindulain, S.J.* (in Catalan and personalization is offered).

### **August 2010**

1<sup>st</sup> to 10<sup>th</sup> - *Xavier Melloni, S.J.* (“Contemplation Retreat” - Ask for information)

11<sup>th</sup> to 20<sup>th</sup> - *Jordi Font, Àlvar Sánchez, S.J. and M. Valls, rjm* (personalized)

21<sup>st</sup> to 30<sup>th</sup> - *Dario Mollà, S.J.* (in Spanish)

### **September 2010**

6<sup>th</sup> to 15<sup>th</sup> - *Xavier Melloni, S.J.* (in Spanish)

21<sup>st</sup> to 30<sup>th</sup> - *Avelino Fernández, S.J.* (in Spanish)

### **January 2011**

10<sup>th</sup> to 19<sup>th</sup> - *Josep L. Corrons, S.J.* (in Spanish)

### **May 2011**

18<sup>th</sup> to 26<sup>th</sup> - *Francesc Roma, S.J.* (in Catalan)

### **June 2011**

21<sup>st</sup> to 30<sup>th</sup> - *Toni Català* (in Spanish)

### **July 2011**

1<sup>st</sup> to 10<sup>th</sup> - *José I. González Faus, S.J.* (in Spanish)

11<sup>th</sup> to 20<sup>th</sup> - *Oriol Tuñí, S.J.* (in Catalan and based on the Gospel according to St. Luke)

21<sup>st</sup> to 30<sup>th</sup> - *Josep Rambla, S.J.* (in Catalan)

### **August 2011**

July 31<sup>st</sup> to August 7<sup>th</sup> - *Xavier Melloni, S.J.* (“Contemplation Retreat” - ask for information)

16<sup>th</sup> to 24<sup>th</sup> - *Victoria Hernández* (in Spanish - “Praying with the body as a starting point”)

16<sup>th</sup> to 25<sup>th</sup> - *Jordi Font, Àlvar Sánchez, S.J. and M. Valls, rjm* (personalized)

### **September 2011**

8<sup>th</sup> to 17<sup>th</sup> - *Adolfo Chércoles, S.J.* (in Spanish - with the Beatitudes)  
23<sup>rd</sup> to October 2<sup>nd</sup> - *Xavier Melloni, S.J.* (in Spanish)

#### **2.4. A RETREAT IN ORDINARY LIFE**

*Especially for lay people, mainly from Central Catalonia.*  
*Co-ordinator: Carles Marcet, S.J.*

- A six month Retreat “in ordinary life” with personal guidance and the weekly support of specification cards to help you in your work.
  - In the beginning, in the middle and in the end there will be a weekend encounter in Manresa: Friday, October 22<sup>nd</sup> evening to Sunday 24<sup>th</sup> / Friday, January 7<sup>th</sup> to Sunday 9<sup>th</sup> / Friday, May 6<sup>th</sup> to Sunday 8<sup>th</sup>.
- (Please request detailed programme).*

#### **2.5. A MULTI-GENERATIONAL RETREAT**

- The Ignatian School of Spirituality (EIDES) offers a weekend Retreat of prayer and meditation in an Ignatian perspective to families: couples with or without children, and elderly people, by means of individualized or group work proposals in the background of the Spiritual Exercises.
- Two possibilities: November 13<sup>th</sup> and 14<sup>th</sup>, 2010 / March 26<sup>th</sup> and 27<sup>th</sup>, 2011.

#### **2.6. OTHER RETREAT PROPOSALS IN ORDINARY LIFE**

The Retreat House of the Cave of Saint Ignatius takes pleasure in informing that persons interested in making a personal Retreat may get it touch with:

- Francesc Peris, S.J. (Barcelona) - 93 204 85 51 extension 232 - [francescperis@yahoo.es](mailto:francescperis@yahoo.es)
- Antoni M. Tortras, S.J. (Barcelona) - 93 301 23 50 - [atortras@jesuites.net](mailto:atortras@jesuites.net)
- Pilar Badia (Manresa) - 93 875 78 24 / 639 436 505 - [pilar.badia@medicosdelmundo.org](mailto:pilar.badia@medicosdelmundo.org)

**For further information on the different methods of Retreats in Catalonia: [www.jesuites.net](http://www.jesuites.net)**

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### **3. PROPOSALS FOR INWARDNESS, SILENCE AND PRAYER**

### **3.1 PROFOUND PRAYER**

*A serious introduction to contemplative prayer is suggested by means of bodily posture learning, through exercises of yoga, breathing and visualization in order to lead to the threshold of silence.*

#### **INITIATION**

Xavier Melloni, S.J. and Montserrat Pons

- Group A: October 1<sup>st</sup> to 3<sup>rd</sup>, 2010 / January 21<sup>st</sup> to 23<sup>rd</sup>, 2011 / April 1<sup>st</sup> to 3<sup>rd</sup>.

- Group B: October 15<sup>th</sup> to 17<sup>th</sup>, 2010 / February 4<sup>th</sup> to 6<sup>th</sup>, 2011 / May 6<sup>th</sup> to 8<sup>th</sup>.

#### **IN DEPTH**

In charge: The House team

- Group A: October 22<sup>nd</sup> to 24<sup>th</sup>, 2010 / March 18<sup>th</sup> to 20<sup>th</sup>, 2011

- Group B: November 5<sup>th</sup> to 7<sup>th</sup>, 2010 / May 13<sup>th</sup> to 15<sup>th</sup>, 2011

### **3.2. TUESDAY PRAYER**

(At the Cave, from nine to ten o'clock evening)

- One hour of silence and prayer every Tuesday (Xavier Melloni, S.J.)

- Silence and instrumental music at every change.

### **3.3. "STOP" ON THE WAY**

*Sometimes we should make a "stop" along the year and spend time to retire. We should locate ourselves once more before God, before others and before our own ego. It helps to do this in intense liturgical moments.*

#### **ADVENT**

Under the guidance of **Francesc Riera, S.J.**

*We will pray with the help of gospel texts about Jesus' Childhood in Mathew and Luke.*

- December 10<sup>th</sup> to 12<sup>th</sup>, 2010.

#### **LENT**

Under the guidance of **Francesc Roma, S.J.**

*We will pray with the help of the Passion according to St. Mathew from Bach and other musical pieces.*

- March 11<sup>th</sup> to 13<sup>th</sup>, 2011.

#### **COMPILING THE SCHOOL YEAR (PENTECOST)**

Under the guidance of ***Pere Borràs, S.J.***

*When the school year is coming to an end it is fitting to allow oneself a time to take it in with the peace of the Pentecostal Spirit.*

- April 29<sup>th</sup> to May 1<sup>st</sup>, 2011

### **3.4. HOLY WEEK**

With the guidance of: ***The Cave Communitarian Team (Jesuits and lay people).***

*It is an opportunity to experience the intensity of Holy Week by integrating prayer, silence and liturgical celebrations in the exceptional setting of the Cave.*

- April 21<sup>st</sup> to 24<sup>th</sup>, 2011

### **3.5. QI GONG - CULTIVATING VITAL ENERGY**

***Neus Pintat***

*Qi Gong is an ideal means to cultivate all the records of the person starting from vital energy, to flow with one's own vitality, to look inwards and thus develop the awareness of body, mind and soul for a conscious personal life, for human relationship and for union with God; to cultivate the inner essence. We are the presence of the One Present.*

- November 20<sup>th</sup> and 21<sup>st</sup>, 2010 / May 28<sup>th</sup> and 29<sup>th</sup>, 2011 (either one or both sessions can be followed).

### **3.6. RETREAT OF INITIATION TO ZEN MEDITATION AND TO CONTEMPLATION**

***Pedro Vidal***

*A practical, living and up-to-date path of human maturity inspired by Japanese Zen and by St. John of the Cross, which will allow us to experience the inner self and the outer encounters. Different elements will have to be taken into account: a comfortable position to calm the body, calming down the imagination and considering Attention, Concentration and Breathing as basic. We will control the body, the mind and the breathing in order to experience the necessary life-giving tranquillity.*

- January 14<sup>th</sup> to 16<sup>th</sup>, 2011.

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#### **4. TRAINING INWARDNESS (LLUÍS ESPINAL HOME)**

##### **4.1. BODILY WORK: ONE OF THE CONTENTS OF INWARDNESS TRAINING**

*Elena Andrés*

*A workshop meant for teachers, pastoral workers and catechists willing to apply their training of inwardness to their teaching. A theoretical vision will be offered about how we understand the training of inwardness by paying special attention to one of the contents: bodily work. We will practise the techniques of bodily consciousness, breathing and relaxation. It is indispensable to bring along comfortable clothes.*

- November 19<sup>th</sup> to 21<sup>st</sup>, 2010

##### **4.2. TRAINING OF INWARDNESS FROM THE STARTING POINT OF EXPERIENCE**

*Carmen Jalón*

*Inwardness is not an abstraction, it is an experience. This workshop is a proposal towards experiencing inwardness and providing experiences of the same that is, improving our capacity of introspection, knowledge of self, spiritual dimension, silence and the whole of the learning process. All this is done through an experimental and theoretical methodology as well as practical activities of inwardness training.*

- February 25<sup>th</sup> to 27<sup>th</sup>, 2011

##### **4.3. CONTEMPLATIVE DANCE. INTRODUCTION TO IT**

*Victoria Hernández*

*It is meant to come down from the mind to the heart, to make it a life experience, to meet the Source by means of simple dances, relaxation, meditation and prayer.*

March 25<sup>th</sup> to 27<sup>th</sup>, 2011

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#### **5. ENNEAGRAM**

*Josep Lluís Iriberry, S.J. and Francesc Vilahur*

### **5.1. ENNEAGRAM AS A TOOL FOR A PERSONAL DISCOVERY AND GROWTH**

*Three weekends devoted to the discovery and going in depth into the enneagramic theory, by following the tradition of the Jesuit Fathers started at the Loyola University of Chicago. The Enneagram is a bridge between the psychology and the psycho-spiritual bases of the oldest traditions of human development. The objective is to work over our personality, to open ways of understanding of self and of knowledge of others and of the reality around us. The methodology that has been chosen gets us into the understanding as well as the experience of the proposed subjects.*

- October 15<sup>th</sup> to 17<sup>th</sup> / November 5<sup>th</sup> to 7<sup>th</sup> / November 26<sup>th</sup> to 28<sup>th</sup>, 2010.

### **5.2. ENNEAGRAM AND INSTINCTIVE VARIATIONS**

*A weekend devoted to the reflection on the theory of the Enneagram starting from the interaction between the basic instincts (Survival, Social and Sexual) and the ennea-types. To participate, a prior knowledge of the Enneagram is required.*

- January 28<sup>th</sup> to 30<sup>th</sup>, 2011

### **5.3. ENNEAGRAM WITH FILMS AS A STARTING POINT**

*A weekend of Enneagram through films. Starting on Saturday at 10 a.m. to Sunday at 2.30 p.m.*

- April 29<sup>th</sup> to May 1<sup>st</sup>, 2011

### **5.4. RE-READING - MEDITATION AND ENNEAGRAM**

*We offer personal moments for the spiritual re-reading of our lives in order to improve the area of personalized guidance.*

- May 20<sup>th</sup> to 22<sup>nd</sup>, 2011

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## **6. WORKSHOPS**

### **6.1. FORGIVING OTHERS AS YOU FORGIVE YOURSELF.**

**Eduard Fonts** (psychologist)

*Forgiving is essential for a good coexistence, to really understand what to love and not to live in hatred means. We find it difficult to forgive because to accept our own mistakes and wrong intentions is similarly difficult. We will speak about how to forgive and how to forgive ourselves, and we will present personal practices to help us to live with greater joy and confidence.*

- October 22<sup>nd</sup> to 24<sup>th</sup>, 2010

## **6.2. DREAMS: A BOOK AND A TEACHER**

**Maria Generosa Quintas** (psychologist)

*Nature would not have endowed us with the possibility of dreaming in our sleep unless this was of some use. These strange messages at times tormenting are the book in which we can find out who we are and at which stage of our personal development we are. All participants will be given the chance to explain the dream they would like to work on. We will base on the psychology of C.G. Jung.*

- Saturday, November 27<sup>th</sup>, 2010.

- The weekend, February 18<sup>th</sup> to 20<sup>th</sup>, 2011 (in collaboration with **X. Melloni**)

## **6.3. PARENTS SCHOOL “LLUÍS ARMENGOL”**

*It is a weekend devoted to couples where in a quiet atmosphere it is possible to meditate on everyday subjects having to do with marital coexistence. The methodology of Fr. Lluís Armengol will be followed and it will be run by a group of married couples. There are no study groups; all is done exclusively at the couple level.*

- November 12<sup>th</sup> to 14<sup>th</sup>, 2010.

## **6.4. LISTENING AND ACTING IN ORDER TO COME TO BE**

**Asun Puche** (psychologist) and the collaboration of **Victòria Hernández** (Lluís Espinal Home).

*With the Reverse Therapy as a starting point we endeavour to develop personal and relational harmony and balance. Through the Consciousness*

*of our Body we shall connect with the emotional and spiritual knowledge in order to come to a coherent decision-making. Theory and bodily practices of assertive communication and discernment will be used.*

- December 10<sup>th</sup> to 12<sup>th</sup>, 2010 / February 18<sup>th</sup> to 20<sup>th</sup>, 2011 (the second session is meant to go in depth)

## **6.5. MYSTICISM AND LIBERATION**

*Esteban Velázquez, S.J.* (A proposal for personal improvement and global justice).

*Those who stick to the importance of mysticism for the future of mankind and those who maintain this same importance with regard to the pending social and political liberation, can they converge in one and the same spiritual trend? The workshop will include moments of silence and dialogue*

- February 11<sup>th</sup> to 13<sup>th</sup>, 2011.

## **6.6. FOR YOUNG PEOPLE FINISHING THEIR STUDIES: “AND NOW WHAT?”**

Under the guidance of: *Josep F. Mària, Llorenç Puig, S.J. and Albert Florensa*

*The workshop aims at asking honestly and realistically: “and now what?” How do we want to approach professional life in the ambiguity in which we will be? The workshop will offer means and guidance so that everyone should give a personal answer to this question.*

- March 4<sup>th</sup> to 6<sup>th</sup>, 2011

## **6.7. MY RELATIONSHIP WITH OTHERS**

*Eduard Fons (psychologist)*

*Dealing with others is quite a challenge and it demands a certain amount of personal knowledge and the means we have to communicate. We will perform practical exercises and study the most common difficulties in which we find ourselves; we will offer means to find out what can each one do to communicate in a more positive and satisfactory way.*

- May 27<sup>th</sup> to 29<sup>th</sup>, 2011.

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## **7. SEMINARS - CONFERENCES - SYMPOSIA**

### **7.1. INTENSIVE SEMINAR ON THE SPIRITUAL EXERCISES: INITIATION**

Co-ordinators: *Pere Borràs, Xavier Melloni, Josep Rambla, Francesc Riera, S.J. and Anna Pitarch*

*Every three years EIDES (Christianity and Justice) and the Cave of St. Ignatius offer an "Initiation Seminar" in three periods, addressed to persons who wish to study the book of the Spiritual Exercises in order to strengthen their experience of Ignatian spirituality and/or to prepare themselves for the guidance of the different forms of the Spiritual Exercises. Besides the three stipulated weekends there will be also work to be done at home in between.*

- October 8<sup>th</sup> to 12<sup>th</sup> / December 26<sup>th</sup> to 31<sup>st</sup>, 2010 / April 15<sup>th</sup> to 20<sup>th</sup>, 2011  
(attendance to all three sessions is indispensable)

### **7.2. A RETRAINING OF TWO MONTHS (in Spanish)**

*Two months and one week of retraining in Theology organized by the Cave of St. Ignatius in Manresa, jointly with Christianity and Justice, under a double character: a) the vigour of the "holy place" of the Cave and of the Ignatian spirituality, b) paying attention to the XXI century reality, full of difficulties and opportunities.*

See detailed programme: [www.covamanresa.cat](http://www.covamanresa.cat)

- January 30<sup>th</sup> to April 5<sup>th</sup>, 2011 (information and registration: [cmarcet@jesuites.net](mailto:cmarcet@jesuites.net))

### **7.3. INTERFAITH DIALOGUE: RELIGIONS AND SECULARISM**

*In coordination with the "Catalan net of entities for interfaith dialogue," the subject matter dealt with in this intensive seminar is the thought on how religions and the dialogue established among them are affected by the secularized context. That context questions them. Programme and speakers are still to be specified.*

- April 8<sup>th</sup> to 10<sup>th</sup>, 2011.

#### **7.4. RETRAINING IN IGNATIAN IMMERSION (in English)**

*With the conviction that the Ignatian charisma is very valuable to Christian life in the present world, this course aims at going in depth into the legacy of Ignatius Loyola in order to inspire Christian life in our present society and in the Church as well as for the training in spiritual guidance of persons and groups. A programme in detail: [www.covamanresa.cat](http://www.covamanresa.cat)*

- April 27<sup>th</sup> to June 4<sup>th</sup>, 2011 (further information and inscriptions: [jsugrañes@covamanresa.cat](mailto:jsugrañes@covamanresa.cat))

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#### **8. LLUÍS ESPINAL HOME**

It provides schools, parishes and different groups with a space most suitable to young people's style. There is an excellent pedagogical and pastoral team made up of expert persons in these fields.

The Home is able to receive and/or offer all kind of activities of different length for teen-agers and young people, from just one morning to two and a half days. The idea is that boys and girls -through a dynamic methodology- may have the chance to study in depth their inwardness, discover the individuality of others and open up to the experience of Immanence and Transcendence.

See also epigraph number 4.

Information and inscriptions: [repcio@covamanresa.cat](mailto:repcio@covamanresa.cat)

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**-Inscription** should be **formalized** at the secretary's office (working days, from 9 a.m. to 2 p.m. and from 4 p.m. to 7 p.m.) / 93 872 04 22 / [repcio@covamanresa.cat](mailto:repcio@covamanresa.cat)

-The **arrival time** for the Spiritual Exercises and for the weekend activities should be (unless stated otherwise) before 7 p.m. on the agreed day to start. (Should someone arrive later than 9 p.m. he/she had better come on the following day for breakfast at 9 a.m.)

The standard **charges** for single room with a bath are:

- Full board: 45 Euros
- Weekend activity (Friday evening to Sunday afternoon): 90 Euros
- An eight day Retreat in group: 265 Euros
- Month Retreat in group: 900 Euros

- The fee for Courses, Seminars and Workshops is different in each case.

(Transfers to the account: 2100 4955 56 2200007874 - indicate surname and activity)

***Nobody will be left out from doing the activity he/she is interested in for economic reasons. Please request information.***

- **How to get here** from Barcelona:

**By car**

- Road C-55 (exit “Manresa - Sant Pau”)
- Motorway C-16 (to Terrassa and Manresa): Exit 13 (St. Vicenç de Castellet) and then along the minor road (C-55) exit “Manresa - Sant Pau”.

**By train**

- **Renfe** (Sants, Pl. Catalunya, Triomf or St. Andreu - ***Till September 12<sup>th</sup>, 2010 the train starts at St. Andreu, connection with underground, line 1, to “Fabra i Puig”.***

There is a train every half an hour on week days, or every hour on feast days. It takes a little over one hour.

You can take a taxi at the railway station (or ask for it on the phone 93 874 40 00 - 93 874 41 19 - 639 336 360). The walking distance is 12 minutes.

- **Ferrocarrils de la Generalitat:** They start at Pl. España every 30 or 60 minutes (sometimes one has to change trains at Martorell station).