

## Contact Us...

**Fred Herron** is Program Director at Mount Manresa Jesuit Retreat House.

Fred has more than thirty years experience as a teacher and in spiritual formation. He is a member of the Department of Theology and Religious Studies at St. John's University, chairperson of the Religious Studies Department at Fontbonne Hall Academy and Director of Adult Faith Formation at St. Clare's parish, Staten Island. The author of seven books and numerous articles, Fred has spoken nationally and internationally in the fields of Catholic education and spirituality.



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**Mount Manresa  
Jesuit Retreat House  
239 Fingerboard Road  
Staten Island, New York  
10305**

**718-727-3844  
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***Jesuit spirituality is “never content with the status quo, the known, the tried, the already existing.” It is “...constantly driven to discover, refine, and reach out” and sees that “frontiers and boundaries are not obstacles or ends, but new challenges to be faced, new opportunities to be welcomed.” Indeed, ours is a holy boldness***



**Mount Manresa Jesuit  
Retreat House**



**Praying With  
St. Ignatius  
in Your  
Parish**



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## Praying with St. Ignatius in Your Parish



Take Lord, and Receive  
all my liberty,  
my memory,  
my understanding,  
and my entire will -  
all that I have and call  
my own

You have given it  
all to me.  
To you, Lord,  
I return it.  
Everything is  
yours;  
do with it  
what you will.  
Give me only your  
love and you  
grace.  
That is enough  
for me. *Ignatius Loyola*



### A Mother's Retreat: Growing with Your Child

There are all kinds of ways to pray for and support your child. Drop your children off at school and spend an hour learning how to grow with them through prayer, imagination and exercise.

**Rev. Thomas Quinn SJ and Sr. Maureen Skelly SC**

## Parish Prayer Days



### Finding God in Our Daily Lives

Sometime the struggles of daily life make it hard to recognize God's presence. This retreat will focus on all the ways that God appears in our everyday lives.

**Rev. Thomas Quinn SJ and Sr. Maureen Skelly SC**

### Ignatian Prayer in the Parish

Through shared reflection, prayer and spiritual conversation about things that matter, participants in this series will become familiar with Ignatius' dream for all humankind: *letting prayer become a way of life!* You may come to any or all of this series.

**Rev. Matthew Roche SJ and Lay Preachers of Mount Manresa Jesuit Retreat House**



### Finding Mary through Scripture

The images of Mary and the stories about her which appear in the scriptures continue to speak to our lives and struggles today.

**Rev. Thomas Quinn SJ and Sr. Maureen Skelly SC**



### Friendship with Jesus

Each reflection looks at the personal experience of friendship with Jesus, its challenges and its rewards as well. Grounded in biblical tradition but with clear focus on Ignatian spirituality, each presentation offers a fresh approach to becoming a friend of God and understanding this special relationship.

**Rev. Matthew Roche SJ, Fred Herron and the Lay Preachers of Mount Manresa Jesuit Retreat House**



### To Forgive as Jesus Forgives Then and Now

Each reflection looks at a Scripture Passage about Jesus forgiveness in the Gospel

and includes personal reflection about forgiveness. It also looks at in what areas Jesus's forgiveness and healing is needed now in the world around us e.g. our family, our country and our world. A personal reflection will follow. Several questions about forgiveness will be distributed for discussion among the participants.

**Rev. Thomas Quinn S.J. , Rev. Matt Roche S.J. , Rev. Ed Quinnan S.J. and the Lay Preachers of Mount Manresa Jesuit Retreat House**