

# PRINCIPLE AND FOUNDATION

## Growing in Spiritual Freedom

An overnight retreat for 20- and 30-somethings using a short excerpt of St. Ignatius' writing as a tool to help us find purpose and navigate the complexities of our rapidly changing world.

**5:00 PM Friday Oct 30 – 5:00 PM Saturday Oct 31, 2020**

**The \$90 cost includes a private room and meals  
and is payable upon registration.\***

**Online at [www.manresa-sj.org/103020-yar](http://www.manresa-sj.org/103020-yar)  
or call Manresa at 248.644.4933 Ext. 0.**

**Retreat Team: Mary Catherine Costello, Alan Haras, Nick Rennpage**

**\* The registration deadline is Friday, Oct 23, 2020.  
The cost is non-refundable and non-transferable  
(unless the retreat is cancelled by Manresa).  
Attendance is limited to 22 participants.**



**Manresa Jesuit Retreat House – 1390 Quarton Road – Bloomfield Hills, MI**