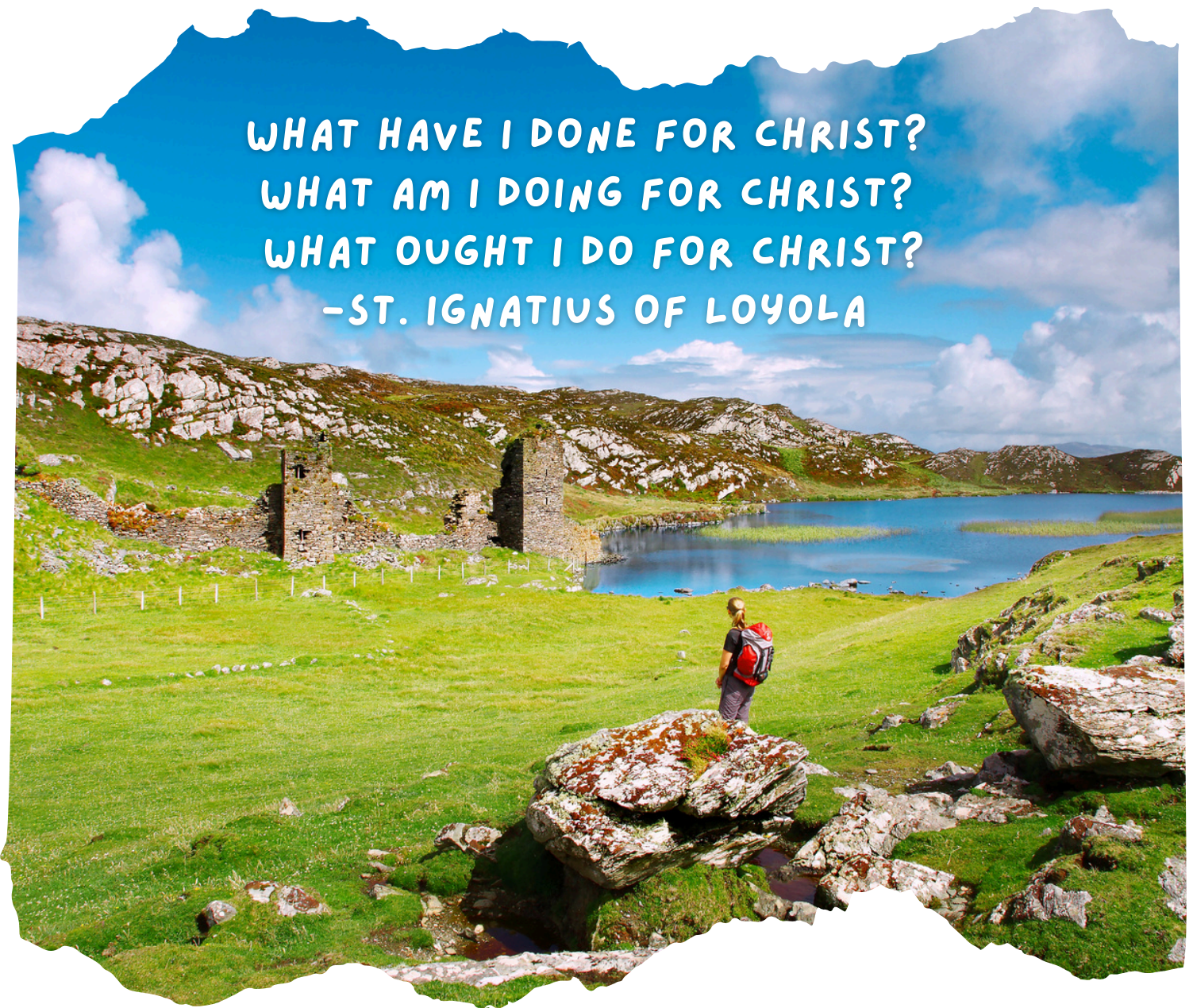


WHAT HAVE I DONE FOR CHRIST?
WHAT AM I DOING FOR CHRIST?
WHAT OUGHT I DO FOR CHRIST?
-ST. IGNATIUS OF LOYOLA



Spiritual Exercises

WOMEN'S IGNATIAN RETREAT

More info &
registration here:



26 JUNE TO 1 JULY 2026

COST: € 200, including
accommodation & meals

LED BY THE
CRUSADERS OF MARY

www.crusadersofmary.org

LOCATION:

Haus Sankt Teresa
Kreuzherrenstr. 55
53227 Bonn

To register contact: Steffi Sangalang | ssangalang@cruzadas.de
+4915751584706 | <https://forms.gle/D2XQ3H6qDvZAT6hJ9>

"Silence is an encounter with God".

Fr. Tomás Morales, SJ

Information about the Spiritual Exercises

The Spiritual Exercises originally go back to St. Ignatius of Loyola, the founder of the Jesuit order. The Spiritual Exercises are an invitation to encounter Jesus Christ in silence, prayer, and contemplation of Scripture and in the Sacraments. The main aims of the Spiritual Exercises are to focus one's life on Christ and gain clarity about God's plan for one's own life. The Spiritual Exercises will be offered by members of the Catholic Secular Institute, the Crusaders of Mary founded by the Venerable Fr. Tomás Morales, SJ.

Here are the important details about the retreat at a glance:

Start: Friday, 26 June 2026 at 6 pm

End: Wednesday, 1 July 2026 at 6 pm

Venue: Haus Sankt Teresa, Kreuzherrenstr. 55, 53227 Bonn

<https://www.hausteresa.de/>

Cost, including single accommodation & meals: € 200 (student discount available)

Invited participants: Female students and young professionals (age 18-35)

Please bring: Bible and rosary (if available); notepad/journal and writing utensils

Registration: Please contact Steffi Sangalang | +4915751584706

ssangalang@cruzadas.de

<https://forms.gle/D2XQ3H6qDvZAT6hJ9>

Registration deadline: Friday, 19 June 2026

Organizer: Crusaders of Mary | www.crusadersofmary.org

To learn about our founder, the Venerable Fr. Tomás Morales, SJ:

<https://padretomasmorales.weebly.com/ingleacutes.html>