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**Retreat Resources**

**Books**

Invitation to Retreat: The Gift and Necessity of Time Away with God *by Ruth Haley Barton*

Trusting God for Everything: Psalm 23 A Personal Retreat Guide *by Jan Johnson*

Wilderness Time: A Guide for Spiritual Retreat *by Emilie Griffin*

The Ignatian Adventure: Experiencing the Spiritual Exercises of St. Ignatius in Daily Life *by Kevin O’Brien, SJ*

Spiritual Disciplines Handbook: Practices that Transform Us *by Adele Calhoun*

Resting Place: A Personal Guide to Spiritual Retreats *by Jane Rubietta*

Sacred Rhythms: Arranging Our Lives for Spiritual Transformation *by Ruth Haley Barton*

Invitation to Solitude and Silence: Experiencing God's Transforming Presence *by Ruth Haley Barton*

Mindful Silence: The Heart of Christian Contemplation *by Phileena Heuertz*

An Unhurried Life: Following Jesus' Rhythms of Work and Rest *by Alan Fadling*

**Online Retreats/Podcasts/Kits**

[Pray As You Go](http://www.pray-as-you-go.org/)

[An Ignatian Prayer Adventure](http://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises/an-ignatian-prayer-adventure)

[Strengthening the Soul of Your Leadership Podcast](http://www.transformingcenter.org/strengthening-the-soul-of-your-leadership-podcast/) with Ruth Haley Barton - *Season 6 - Invitation to Retreat*

[Field Guides for the Way](http://www.fieldguidesfortheway.com/) - *seasonal spiritual practice kits delivered to your home*

[Abbey of the Arts](http://www.abbeyofthearts.com/programs/self-study-online-classes/) - *Self-Study Spirituality Online Classes*

**Guided Retreats**

[Sacred](http://www.mylifeissacred.com/) - *A One-Day Guided Solitude Retreat - July 26 or July 27; University of St. Mary of the Lake, Mundelein, IL;* Full schedule at the link

[Wholeness & Holiness: Becoming One with Christ in a World of Distraction](http://www.jesuitretreat.org/pages/22) - *An Ignatian, Silent Overnight Retreat for Men & Women - August 16-17; Bellarmine Jesuit Retreat House, Barrington;* Full schedule at the link

[The Perch](https://www.theperchplace.com/) – *regular gatherings creating an environment to experience rest, renewal, reflection, and rejuvenation. Aurora, IL;* Full schedule at the link

[Abbey of the Arts](http://www.abbeyofthearts.com/programs/live-classes-and-retreats/) - *Live Programs and Spiritual Retreats*

**Retreat Centers**

*Consider scheduling an individual one-day or overnight retreat at one of the following:*

[Bellarmine Jesuit Retreat House](http://www.jesuitretreat.org/), Barrington, IL

[University of St. Mary of the Lake](http://www.usml.edu/), Mundelein, IL

[Joseph and Mary Retreat House](http://www.josephandmaryretreat.org/), Mundelein, IL

[Siena Retreat Center](http://www.sienaretreatcenter.org/), Racine, WI

**Spiritual Formation Cohorts**

[Transforming Community](http://www.transformingcenter.org/transforming-community/) - *a retreat-based spiritual formation experience with nine quarterly retreats – the next cohort begins 3/22/2020*

[Renovaré Institute](http://www.renovare.org/institute/overview) - *Learn online from anywhere, then gather twice a year in a host city - Phoenix Cohort begins August 2020*

[The Apprentice Institute](https://apprenticeinstitute.org/apprentice_experience/) - *an 18-month journey in discipleship intended for anyone who wants to go deeper in their study of Christian spiritual formation.*