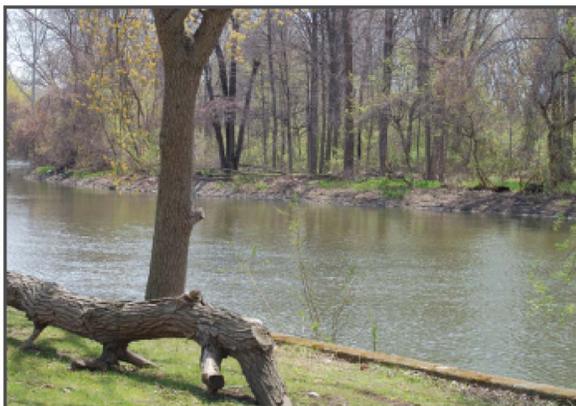


## Growth and Renewal

✦ Throughout the year, topics of seasonal, spiritual and social relevance are offered. Some programs are offered at River House; some take place at the Motherhouse.



✦ Trained staff is available to provide a prayer service, a full-day conference or a longer group event to meet your specific needs. Ask for information on our "Spirituality of Kinship" offerings, or let us know what topic and process you desire.

✦ Think of taking A Day Away in the serene silence to discover the inner peace of God in your life. Come, join us for a day of gentle prayer. Start with Mass or prayer at 9:30 a.m. in the IHM Motherhouse Chapel if you'd like, then come to River House. Enjoy a leisurely cup of coffee, ponder a passage from a spiritual book in one of our reflection rooms or enjoy sitting on the screened-in porch listening to the steady flow of the River Raisin. Taking time to do some journaling or artwork, strolling the grounds of the IHM campus and/or a further opportunity for in-door or out-door meditation – perhaps walking the labyrinth – could round out your day.

*Arrangements and reservations are made through the River House office.*

## Facility Fees

✦ **A Day Away**  
Enjoy at no charge.

✦ **Overnight Guests**  
\$50 per night for the first two nights and \$25 for each additional night.  
Guests are asked to provide and prepare their own meals and snacks.

✦ **Day Time Rental Fees**  
Less than four hours - \$25  
Full day - \$50

A non-refundable deposit of \$25 will hold your reservation.

*Complimentary coffee and tea are available to all our guests throughout the day.*



### River House-IHM Spirituality Center

805 W. Elm Ave.  
Monroe, MI 48162  
734-240-5494

Email: [riverhouse@ihmsisters.org](mailto:riverhouse@ihmsisters.org)

Website:

[ihmsisters.org/fostering-spirituality](http://ihmsisters.org/fostering-spirituality)



Deep Faith. Courageous Spirit. Action for Justice.

# Opportunities for Spiritual Renewal



## River House IHM Spirituality Center

Rooted in the transformative life of the IHM Monroe Campus, River House-IHM Spirituality Center welcomes all who desire deeper communion with God and who share a passion for life in all its forms. We provide a sacred space for solitude, reflection, retreats and enrichment opportunities.  
(Mission Statement, 2014)

## Retreats

**Private Retreats** offer a time of quiet solitude, with the freedom to follow the rhythm of your inner self and the invitation of God. For those new to this form of prayer, some “how to” suggestions can be provided.

**Directed Retreats** follow a pattern of solitude, prayer, reflective activities and meeting with a spiritual director. Your retreat might be planned for a few days, a week or longer, possible even 1 30-day period (Spiritual Exercises or 19th Annotation).



**Guided Retreats** are planned at various times throughout the year and publicized thru fliers, newspaper and the IHM webpage calendar. These retreats include presentations on specific themes, plenty of quiet time and communal discussion and/or prayer. The presentations are generally held in the IHM Motherhouse.

*Overnight accommodations can be arranged through River House.*

## Spiritual Direction



Spiritual direction is an opportunity for individuals to talk about their lives and experiences of God with a person specifically trained in areas such as spirituality, pastoral ministry and interpersonal communication.

The spiritual director listens to the directee and together they explore the signs of God’s activity in that person’s life and the direction to which God seems to be calling.

We offer spiritual direction by appointment in an atmosphere of respect for people of all faith traditions who are engaged in the quest for God. To make an appointment, please call the River House office.

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### Service Fees

- ❖ On-going Spiritual Direction  
\$40-50 per session
- ❖ Retreat Direction  
\$30 per session

These fees may be negotiated with the director.

### Accommodations

River House, situated on the banks of the River Raisin, offers four private bedrooms with attached baths, an air-conditioned meditation room, reading room, art room, two small conference rooms, full kitchen and dining room. Linens and towels are provided. All rooms have Wi-Fi internet access.

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## Meeting Room

River House has a meeting room which can accommodate up to 20 persons. A television with cable TV, DVD/VCR player, Skype, and computer connectivity is available.



### Additional Opportunities

While spending time at River House, stroll the spacious grounds of the IHM Motherhouse campus across the street. Walk the labyrinth, explore St. Mary’s Organic Farm, enjoy the peaceful walking trails on your own or use the Nature Stations guide as you connect to God and yourself. You are also welcome to visit the IHM Motherhouse Chapel, Library, and Gift



Shop, the Green Room and the Heritage exhibit. You may join the sisters for morning liturgy at 9:30 a.m. Monday – Friday, and 10 a.m. Sunday Mass. Also available is an audio tour guide and IHM Campus Self-Guided Tour brochure.