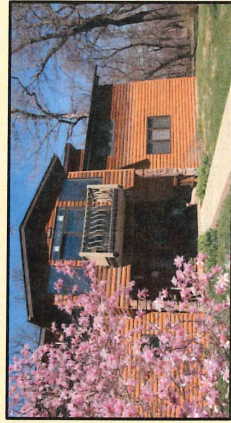


Retreat Centers in the Diocese of Des Moines



The **Creighton University Retreat Center** fosters an active prayer life, allowing for deeper conversion and relationship with our Lord Jesus Christ. Consistent with our Jesuit tradition and Ignatian heritage, we offer individual and group

- Retreats and spiritual direction based on the Spiritual Exercises of St. Ignatius
- Five, eight or 30-day directed retreats, or private retreats
- Weekend retreats for men, women and couples
- Facilities for large or small conferences
- Parish confirmation retreats

The **Creighton University Retreat Center** is a full-service center for all wishing to retreat. It is set in 153 wooded acres teeming with wildlife, song birds, miles of hiking trails and an awesome night sky. In this quiet setting you can find yourself and God while communing with the wonders of nature. It is a place in which you can respond to the Lord's invitation to "*Come away and rest for a while.*"

- An assortment of private and double rooms with accommodations for more than 100 people
- Several apartments and a guest house with cooking facilities
- Spacious dining hall serving wonderful home-cooked meals
- Beautiful and scenic chapel for private prayer and celebration of liturgies
- Numerous prayer gardens and statues on the grounds

16493 Contrail Ave.
Griswold, IA 51535-4296
(712) 778-2466
Curc@netins.net
www.creighton.edu/ministry/retreatcenter/



The **St Thomas More Center** serves the Diocese of Des Moines by offering retreats and a host facility for youth and young adults.

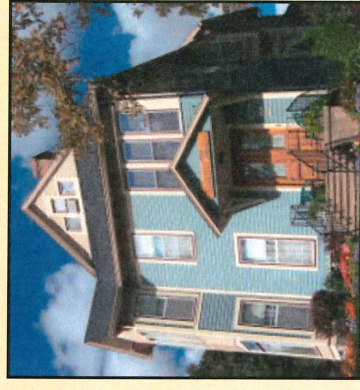
We offer or host retreats for middle school, high school, and young adults as they grow to become joy-filled *missionary disciples* of Christ.

New to this year we are introducing *Charis Ministries* which presents short 12-24 hr. retreats for young adults.

As Christ habitually went *up the mountain to pray* before many of His pivotal life events, we are called to regularly seek the Lord in silence and solitude. Please visit our website to see all that the St Thomas More Center offers.

"I think that if any good thing shall go forward, something must be adventured." -St Thomas More

6177 Panorama Rd.
Panora, IA 50216
(515) 309-1936
Office@stmcenter.com
www.stmcenter.com

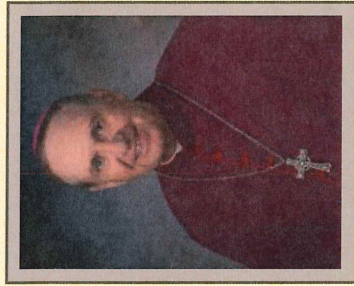


The **Emmaus House** is a place for silence and solitude, spiritual renewal and prayer. It is located near downtown Des Moines, and offers an oasis of quiet in the midst of the busyness of daily life.

The model for the ministry of Emmaus is the disciples' encounter with the Risen Christ on the road to Emmaus in Saint Luke's gospel. Through their personal conversation and discussion of the scriptures along the way, and in the breaking of the bread at table, *their eyes were opened and they recognized him* (Luke 24:32). The stillness of the house offers the opportunity for prayer and reflection on our relationship with God.

Trained spiritual directors, Fr. Dan Krettek and Mrs. Cindy Shaw, are available for spiritual direction, directed retreats and to serve as a resource for days of reflection and renewal, both at the house and at other locations. Eucharist is celebrated at Emmaus House every Tuesday and Friday at noon, and all are welcome to participate.

1521 Center St.
Des Moines, IA
(515) 282-4839
Emmaus_House@yahoo.com
www.emmaushousedm.com



In the words of our Holy Father Pope Francis "Those who live a retreat in an authentic way experience the attraction and fascination of God and return renewed and transfigured in their daily lives, their ministry, and their relationships." Therefore it is my pleasure to invite the people of the Diocese of Des Moines to explore the great treasures that are our three retreat centers and the opportunities that they provide. As we prepare to enter the season of Lent, I also present this list of our many well trained priests and lay people who offer spiritual direction in our Diocese. Please consider taking part in their precious and irreplaceable ministry as you embark on your Lenten journey.

Sincerely yours in Christ,
The Most Reverend Richard E. Pates
 Bishop of Des Moines

Spiritual Directors in the Diocese of Des Moines

Spiritual Direction is help given by one Christian to another, which enables that person to pay attention to God's personal communication to him or her, to respond to this personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship.

To speak with a Spiritual Director please contact John Gaffney, Director of the Department of Evangelization & Catechesis Office, at 515-237-5026 or jgaffney@dm-diocese.org.

Father John Acrea
 Retired,
 West Des Moines, IA

Father John Bertogli
 St. Ambrose Cathedral,
 Des Moines, IA

Msgr. Frank Chiodo
 St. Anthony's Catholic
 Church,
 Des Moines, IA

Father Robert Dufford SJ
 Creighton University,
 Omaha, NE

Father Wayne Gubbels
 St. John Parish
 Adel, IA

Father Raymond Higgins
 All Saints Parish,
 Stuart, IA

Father Daniel Krettek
 Emmaus House/St. Mary-
 Holy Cross Parish,
 Elkhart, IA

Father John Ludwig
 St. John the Apostle,
 Norwalk, IA

Msgr. Steve Orr
 Our Lady's Immaculate
 Heart,
 Ankeny, IA

Father David Smith, SJ
 St. Mary/Our Lady of Fatima
 Parish
 Portsmouth, IA

Sister Joyce Rupp, OSM
 Des Moines, IA

Sister Virginia Jennings,
 OSF
 SS John Paul Parish,
 Altoona, IA

Barb Bennett
 Our Lady's Immaculate Heart
 Parish
 Ankeny, IA

Amy Hoover
 Creighton University Retreat
 Center/Our Lady of Grace
 Parish
 Griswold, IA

Eileen May
 St. Thomas Aquinas Parish,
 Indianola, IA

Sue Oehlerking
 St. Francis of Assisi Parish,
 West Des Moines, IA

Kathy Quinn
 Des Moines, IA

Kathy Regan
 Shenandoah, IA

Deb Richards
 St. Mary of Nazareth Parish,
 Des Moines, IA

Cindy Shaw
 Emmaus House/Holy Trinity
 Parish,
 Des Moines, IA

Marcie Sheaff
 Our Lady's Immaculate Heart
 Parish
 Ankeny, IA

Myrna Udelhofen
 Our Lady's Immaculate Heart
 Parish
 Ankeny, IA