



MEN'S IGNATIAN WEEKEND RETREAT



Feb. 20-22, 2026



\$310



Arrupe Building at the
Jesuit Spiritual Center



Choose a way to
register:

Online jesuitspiritualcenter.com/iwr

Phone (513) 248-3500 ext. 10

Email reservations@jesuitspiritualcenter.com

Getting Unstuck: Ignatian Spirituality and Internal Family Systems

Join Fr. Jeff Putthoff, SJ as we use Ignatian Contemplation, imaginative prayer, and the senses to engage in conversation with God. Learn to understand our interiority through the model of Internal Family Systems (IFS) as a means of intimate prayer with the Father, Jesus, or Spirit. We all have parts of us that are sad, joyful, anxious, discouraged, happy, funny, and much more. Having these parts is a natural aspect of adult life, and sharing these interior movements in a familiar way with God is what Ignatian prayer helps us to do.

Included in your retreat are opportunities for mass, reconciliation, adoration, stations of the cross, the rosary, silent reflection, and a healing service.



Father Jeff Putthoff, SJ is a Jesuit priest with over three decades of service, dedicated to creating healing communities, empowering youth, and promoting brain health through Ignatian spirituality. He has held leadership roles in education and nonprofit sectors and is a sought-after national speaker on trauma-informed care, leadership, Internal Family Systems (IFS), and spirituality. As a retreat leader, he has guided hundreds in deepening their spiritual lives, leading 80 directed retreats and 120 peached retreats nationally. He also continues to support over 150 schools across the country through scholarship fundraising.