

IGNATIAN SPIRITUAL LIFE CENTER

A Jesuit Urban Ministry



Thank you for your interest in the Spiritual Exercises of St. Ignatius. We offer the Exercises through the Nineteenth Annotation, known as “a retreat in daily life”. The 19th Annotation Retreat is a way of making a retreat during the course of ordinary living without having to forgo, for a time, one's commitments to work and family. The Exercises are spread over a period of approximately 30 weeks (September-May). Your Director will lead you through the Exercises by meeting with you once per week. It is expected that you will be able to set aside one hour daily for prayer. It is helpful if you are currently in Spiritual Direction.

The Exercises are a pattern of considerations, meditations, examens, contemplations and reflections. Their aim is to free the person who makes them from any attachment that leads away from God, so that the person can then more freely seek and follow God's will for him or herself. When the Exercises are done completely, the retreatant learns to discern and to follow the voice of God and to separate it from the other voices that demand our attention. St. Ignatius called this being “contemplative in action” or “finding God in all things”.

Important in the discernment process is the completion of the attached application. Please return it to Grace Salceanu by September 5th, 2018. You will be contacted by our team to arrange a meeting to further discuss the Exercises.

To enable the ministry of the Ignatian Spiritual Life Center, each retreatant is asked to discern an appropriate donation to the Center (suggested: \$250) and a weekly stipend for his or her director in keeping with the retreatant's means. This should happen in dialogue with his or her director and no one will be turned away for financial reasons.

Many people who have made the Spiritual Exercises have attested to its powerful influence to give direction to their lives and to help them grow in faith, in knowledge, and love of the person of Jesus Christ.

We welcome the opportunity to extend to you The Spiritual Exercises of St. Ignatius! May God bless you abundantly during this time of discernment.

Peace & Blessings,

Grace Salceanu
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