Spirituality Programs for Adults – Introduction to Ignatian Spirituality
Table of Contents

Session #1 – Introduction, Welcome & Disposition ................................................................. 1
   Objectives ........................................................................................................................... 1
   Presenter Notes .................................................................................................................. 1
      Hospitality, Welcome and Housekeeping Notes ......................................................... 3
      For The Coming Week .................................................................................................... 4
      Week 1 Prayer Objectives ............................................................................................ 4
   Week 1 Presenter Materials ............................................................................................... 5
   Retreatant Materials .......................................................................................................... 5
   Presenter Resources .......................................................................................................... 5

Session #2 .............................................................................................................................. 6
   Part: A - Disposition ......................................................................................................... 6
      Objective One ................................................................................................................ 6
         Liturgy ........................................................................................................................ 6
         Readings ..................................................................................................................... 6
         Alternate Readings .................................................................................................... 6
         Homily ......................................................................................................................... 6
   Part: B - Preparation Days/Principle & Foundation ....................................................... 6
      Objective Two ................................................................................................................ 6
      Presenter Notes ............................................................................................................. 7
         Art & Experience of Prayer ..................................................................................... 7
         Review of Prayer ....................................................................................................... 8
         Meditating Upon Scripture ..................................................................................... 8
   Part C ................................................................................................................................ 9
      Small Group Meeting .................................................................................................. 10

Part D .................................................................................................................................. 10
   Presenter Notes ................................................................................................................ 10
      Preparing for the Week Ahead .................................................................................... 10
      First Principle & Foundation ..................................................................................... 11
      Closing Prayer ............................................................................................................. 11
   Week 2 Prayer Objectives ............................................................................................... 12
   Week 2 Presenter Materials ............................................................................................. 12
   Retreatant Materials ........................................................................................................ 12

Session #3 ............................................................................................................................. 13
   Part: A - Preparation Days/Principle & Foundation ..................................................... 13
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

Knowing Christ............................................................................................................. 22
Reflecting on Prayer – taking notes ........................................................................... 22
Week 4 Prayer Objectives......................................................................................... 22
Session 4 Presenter Materials.................................................................................... 23
Retreatant Materials.................................................................................................. 23
Session #5.................................................................................................................. 24
Part: A - Second Week (Christ Incarnate – Who is Jesus Christ for you?) .............. 24
Objective One ............................................................................................................. 24
Liturgy......................................................................................................................... 24
Readings ..................................................................................................................... 24
Alternate Readings ..................................................................................................... 24
Homily ......................................................................................................................... 24
Part: B - Second Week - The life of Jesus – The call of Jesus................................. 24
Objective Two ........................................................................................................... 24
Presenter Notes ......................................................................................................... 25
Review of last week ................................................................................................... 25
The Examen prayer .................................................................................................... 25
Part C.......................................................................................................................... 26
Small Group Meeting ............................................................................................... 26
Part D.......................................................................................................................... 26
Presenter Notes ......................................................................................................... 26
Jesus Ministry & Call ............................................................................................... 26
Reflecting on Prayer – taking notes ........................................................................ 27
Closing Prayer – Praying the Examen ...................................................................... 27
Week 5 Prayer Objectives......................................................................................... 28
Session 5 Presenter Materials.................................................................................... 28
Retreatant Materials.................................................................................................. 28
Session #6.................................................................................................................. 29
Part: A - Second Week - The life of Jesus – The call of Jesus................................. 29
Objective One ........................................................................................................... 29
Liturgy ......................................................................................................................... 29
Readings ..................................................................................................................... 29
Alternate Readings ..................................................................................................... 29
Homily ......................................................................................................................... 29
Part: B - Third Week - The Passion & Death of Christ .............................................. 29
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective Two</td>
<td>29</td>
</tr>
<tr>
<td>Presenter Notes</td>
<td>29</td>
</tr>
<tr>
<td>Review of last week</td>
<td>30</td>
</tr>
<tr>
<td>Review of Examen prayer</td>
<td>30</td>
</tr>
<tr>
<td>Consolation &amp; Desolation</td>
<td>30</td>
</tr>
<tr>
<td><strong>PART C</strong></td>
<td>32</td>
</tr>
<tr>
<td>Small Group Meeting</td>
<td>32</td>
</tr>
<tr>
<td><strong>PART D</strong></td>
<td>32</td>
</tr>
<tr>
<td>Presenter Notes</td>
<td>32</td>
</tr>
<tr>
<td>Entering into the passion and death of Christ</td>
<td>32</td>
</tr>
<tr>
<td>Week 6 Prayer Objectives</td>
<td>33</td>
</tr>
<tr>
<td>Session 6 Presenter Materials</td>
<td>33</td>
</tr>
<tr>
<td>Retreatant Materials</td>
<td>33</td>
</tr>
<tr>
<td><strong>Session #7</strong></td>
<td>34</td>
</tr>
<tr>
<td><strong>Part: A - Third Week - The Passion &amp; Death of Christ</strong></td>
<td>34</td>
</tr>
<tr>
<td>Objective One</td>
<td>34</td>
</tr>
<tr>
<td>Liturgy</td>
<td>34</td>
</tr>
<tr>
<td>Readings</td>
<td>34</td>
</tr>
<tr>
<td>Alternate Readings</td>
<td>34</td>
</tr>
<tr>
<td>Homily</td>
<td>34</td>
</tr>
<tr>
<td><strong>Part: B - Fourth Week – Resurrection - Christ as Consoler</strong></td>
<td>34</td>
</tr>
<tr>
<td>Objective Two</td>
<td>34</td>
</tr>
<tr>
<td>Presenter Notes</td>
<td>35</td>
</tr>
<tr>
<td>DONOR PLEA AND PRAYERFUL RETREAT EVALUATIONS/CONSIDERATIONS</td>
<td>35</td>
</tr>
<tr>
<td>Review of last week</td>
<td>35</td>
</tr>
<tr>
<td>Ignatian decision making</td>
<td>35</td>
</tr>
<tr>
<td><strong>Part C</strong></td>
<td>37</td>
</tr>
<tr>
<td>□ Small Group Meeting</td>
<td>37</td>
</tr>
<tr>
<td><strong>Part D</strong></td>
<td>37</td>
</tr>
<tr>
<td>Presenter Notes</td>
<td>37</td>
</tr>
<tr>
<td>Christ’s passion &amp; resurrection experience</td>
<td>37</td>
</tr>
<tr>
<td>Repetition in Prayer</td>
<td>38</td>
</tr>
<tr>
<td>□ Scripture Readings</td>
<td>38</td>
</tr>
<tr>
<td>Reflecting on Prayer – taking notes</td>
<td>38</td>
</tr>
<tr>
<td>Closing Prayer – Praying the Examen</td>
<td>38</td>
</tr>
</tbody>
</table>
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

Week 7 Prayer Objectives ........................................... 38
Session 7 Presenter Materials ..................................... 38
Retreatant Materials .................................................. 39

Session #8 .................................................................... 40

Part: A - Fourth Week - Resurrection - Christ as Consoler .................. 40
Objective One .............................................................. 40
Liturgy Context ........................................................... 40
Readings ..................................................................... 40
Homily ........................................................................ 40

Part: B - The Contemplation To Attain the Love Of God .................... 41
Objective Two .................................................................. 41
Presenter Notes ............................................................ 41
Review of last week ......................................................... 41
The Contemplation to Attain The Love of God ......................... 42
Major theme is uniquely Ignatian – Finding God in All Things ........ 42
Four concepts .................................................................. 42
Susceppe ........................................................................ 42

Part C ............................................................................. 43
Small Group Meeting ...................................................... 43

Part D - Continuing the Journey ........................................ 43
Objective Two .............................................................. 43
Presenter Notes ............................................................ 43
Sharing the Experience ................................................... 43
What’s Next? ................................................................. 43
Spiritual Direction .......................................................... 43
On line resources ............................................................ 43
19th Annotation Retreat .................................................. 44
Books & SPA Library ..................................................... 44
Challenge Book ............................................................. 44
Encourage Daily prayer ................................................... 44
Evaluations .................................................................... 44
Donations ....................................................................... 44

Week 8 Prayer Objectives .................................................. 45
Session 8 Presenter Materials ............................................ 45
| Retreatant Materials | 46 |
Session #1 - Introduction, Welcome & Disposition

Objectives:
- To introduce retreatants to small group facilitators and each other.
- To introduce the retreatants to the life story of St. Ignatius Loyola.
- To explain how the Spiritual Exercises emanate from Ignatius’s lived experiences in encountering Christ and himself.
- To emphasize the importance of his spiritual conversations with his companions and people he encountered in developing the Exercises.
- Explain, briefly, what the Exercises are and their foundational importance to the school, the Society, the world and their Christian life.
- To explain the benefits you received from the Exercises.
- To explain the structure and method of this retreat and the specifics of their prayer commitment.
- The goal of the retreat is for them to appreciate that God desires a personal relationship with them.
- To introduce the retreatants to the basic methods of praying with scripture.

Presenter Notes:
- Come as You Are- music and prayer
- Welcome and overview
- Self-introductions
- Introductions
  - Presenters briefly share their background
  - Facilitators
  - Ask the retreatants to introduce themselves, briefly and tell their connection to the school, or how they heard about this retreat, or a brief word about how they are feeling as they start this retreat.
- Opening prayer John 1:35-39
- Show film on the life of St. Ignatius – ensure prior to start that the dvd and audio work properly so the entire audience can see and hear. SPA has James Martin’s “My Life with the Saints”.
- Expound on the film relating aspects of his life that have resonated with you and have affected your own spiritual journey.
- Present an overview of the Spiritual Exercises.
  - How the Exercises were derived from Ignatiu's lived experience.
  - How the Exercises were developed and given to Ignatius’ companions.
- The Exercises in this retreat.
  - Forms of prayer
    - Daily Reflection – Praying with Scripture
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- Participating in the sacramental life of Church-Eucharist
- Ignatian Contemplation- imaginative prayer
- Daily Reflection of our lives/praying our lives (the Examen), (Ignatian Decision Making), (Finding God in All Things)
- Authentic Prayer: Preparing (the Art), Praying (the experience) and Reviewing (Taking prayer notes to discern where God is in all of this)

  - A progression of spiritual movements, developing a deeper relationship with God
    - God’s love for us and our need for his love
    - The life of Jesus and our relationship with him as a person
    - The meaning of the Passion and death of Jesus for us
    - The reality of the Resurrection and the impact of that in our own lives

- What happens in this retreat? Commitment and expectations
  - EIGHT sessions, after each session a week of prayer on your own. A “pray-at-home” retreat, so SEVEN weeks of prayer.
    - Eucharist
    - An Introduction to an Ignatian Theme
    - Small group reflection time- FAITH SHARING GROUP VALUES (h/o)
    - Christ centered, listening and reverencing silence
      - Not personal revelation designed to pry into your personal life
      - Not group therapy or problems solving
      - Not a counseling session
      - This is a spiritual conversation about your prayer experience from the preceding week and how God was, or was not, present in your life.
      - Structured and led by a facilitator who works with you to create a safe place for everyone. For example, the facilitator can remind extroverts about restraint and help introverts who need time and comfort to speak.
    - Next will be an explanation of the material from the Spiritual Exercises that you will be praying in the upcoming week- this at home prayer will be the most important part of the retreat.
    - Closing prayer
    - Going home to pray each day
      - Committing to 30 minutes each day. You will be provided with six scripture passages or reflection prompts for the seven day period. Can therefore skip one day. Can stay with same Scripture that is moving you.
      - We ask for about 20 minutes of actual prayer time and another 10 minutes to reflect on the prayer experience.
Later in the retreat we will ask for about another 10 minutes for you to conduct a daily reflection, the *Examen* prayer.

- Emphasize strongly that their prayer time is the retreat. These group sessions, our time together, is important but not the heart of the retreat. Saint Ignatius says God treated him as a schoolmaster treats a child whom he is teaching. This happens most clearly in your daily prayer time. Our role is to stay out of the way of that prayer relationship you have each day with God. God is the retreat leader and communicates directly with you.

- You are invited to keep notes about your prayer experience. We will explain more about this later, but keeping notes helps you remember, track and affirm your experiences in prayer.

- Regular attendance at these sessions is also essential. Your presence here is important for you and for the rest of us, your companions on this journey. Even if you feel you have nothing to add your presence affects those around you. We need you here.

**Hospitality, Welcome and Housekeeping Notes:**

- **Parking**
  - The best places to look for spaces are in the “Chapel Lot,” which is located between St. Mary’s Chapel and the Fire Station, and in the Breen Center Lot, located on the south side of Lorain Avenue, just west of and behind the Breen Center for the Performing Arts. This lot can be accessed off both Lorain and West 30th. Both these lots welcome visitors. In previous years parking in the student lot across from Sullivan Gym during school hours was not allowed. Students need a permit to park there, and the lot is usually full. In the evening parking is discouraged on Carroll Ave. and on W. 30th between Carroll and Bridge Avenues. We strive to maintain good relations with our neighbors! During the morning retreats, you may park on any side streets South of Lorain Ave. or in St. Patrick’s Church lot at 3602 Bridge Ave., a short walk to campus.
  - Parking Map is in your binder

- **Bad Weather**
  - We follow the school schedule. If school is cancelled, (check our website) then SPA is cancelled. School begins at 8:00 a.m. and our morning session starts at nine. If school is delayed more than an hour than SPA will be delayed until the new school start time. Please check your emails for updates on bad weather days.

- **Absentees**
  - Please call your small group director or Colleen Wyszynski (216-961-2583) ahead of time, if possible. Attendance and fidelity to your prayer commitment is vital to your own and the group’s retreat experience.

- **Refreshments**
Coffee, tea and bottled water will be available during breaks.

- Restrooms
  - Restrooms are located in the chapel basement. You can access them via the stairs or elevator located off the north end of the narthex.

- Retreat Expenses
  - Our retreat program uses a very small percentage of the total Saint Ignatius High School budget. A very small percentage of 20 million dollars however is still a real number. We use a small share of this building, the heating, cooling, office supplies, computer resources, parking lot, security, lighting and so on. This cost is less than $20 a week for each of you, about $150 for the entire retreat. We don’t charge any fee because making the Introduction to Ignatian Spirituality Retreat accessible is too important. We will, however, ask for your help near the end of the retreat.

_for The Coming Week:_

- Present what you will be doing this week
  - Briefly review each hand out and Book
    - Grace Sought
    - Hospitality Notes and Map
    - Meet the Guide, Margaret Silf
    - Life in review worksheet
    - Faith Sharing Group Values
    - Tips for Keeping a Prayer Notebook
    - Home Prayer WEEK 1, including Life Review Worksheet

- Invite and answer questions about handouts

- Finding time and place to pray
  - Follow the process and honor your time commitment
  - Taking prayer notes
  - Repetition

- Restate St. Ignatius life story
  - Relate part of story to your (presenter’s) personal experience
  - How his story affected your experience of the _Exercises_

- Closing Prayer
  - Psalm 23
  - Bergen and Schwan’s Principle and Foundation – read silently, then by presenter, then all -

  Or for this session only, substitute “Prayer for the beginning of a retreat” by Carlo Maria Martini SJ found in _Hearts on Fire_

week 1 prayer objectives:

- The retreatants will read about and reflect upon the life story of St. Ignatius.
- The retreatants will read the materials about making a retreat and tips on how to gain the most from the experience
• The retreatants will complete the Life Story worksheet and reflect upon their relationship with God throughout their life.
• The retreatants will begin seeking times and places to pray effectively
• The retreatants will get some experience in taking prayer notes, (journaling)
• The retreatants will be well disposed to enter the retreat experience when they return for session two.

**Week 1 Presenter Materials:** (Documents Attached)
• The presenter should be familiar with the Autobiography of St. Ignatius
• The presenter should review Annotations 1, 2, 3, 5, 6, 7, 1, 17, 18, 21, and 22.
• The presenter should be prepared to share an experience of how the St. Ignatius life story affected his/her spiritual journey.

**Retreatant Materials:** (What’s in their binders plus book)
• “Meet the Guide” by Margaret Silf, from the *Inner Compass*
• Help on keeping a spiritual notebook
• Faith Sharing Group Values
• *Come as You Are*
• Principle and Foundation Interpretation by Bergan an Schwan
• Prayer for the Beginning of a Retreat by Carlo Maria Martini SJ
• *Grace to be Sought*
• *Hospitality Notes and Map*

**Presenter Resources:** (Materials gathered by SPA professionals to center and guide us.)
• Presenter Notes for Session 1
• DVD on Ignatius’ Life
• CD “Come as You Are”
• Psalm 23
• “Come and See” Scripture (optional)
Session #2

Part: A - Disposition

Objective One:

- To introduce small group dynamics
- To have retreatants share their story and to answer the question of why they are here.

Liturgy:

- The retreatants have spent the past week reflecting on the life story of St. Ignatius, their own life story, and learning the mechanics of making this retreat. read or are reading
- The readings speak of the substance and methods of prayer.

Readings: (attached)

- Isaiah 55: 1-3, 10-11 “All who are thirsty come to the water.”
- Psalm 23 “The Lord is my Shepherd”
- Matthew 6:9-14: “Jesus lesson on prayer – The Our Father”

Alternate Readings:

- Deut 1: 29-33 “Do not take fright…Yahweh carried you as a man carries his child”
- Ps 63 “God, you are my God, I am seeking You”
- Matt 6: 25-33, “Lilies of the Field”

Homily:

- Prayer as an expression of our desires to God. Prayer as a communication of God’s desires for us. An exploration of melding our desires to God’s. (cf. First Principle and Foundation) God’s generosity desires more joy for us than we can conceive. What is your desire in this retreat.

Part: B - Preparation Days/Principle & Foundation

Objective Two:

- To review the objective and prayers of past week:
  - The retreatants read about and reflected upon the life story of St. Ignatius.
  - The retreatants completed the Life Story worksheet and reflected upon their relationship with God throughout their life.
  - The retreatants began seeking times and places to pray effectively
  - The retreatants got some experience in taking prayer notes, (journaling)
  - The retreatants sought the disposition to enter this retreat experience.
- To explain praying with scripture in a practical, accessible manner that aids the retreatants in deepening their prayer experience in the upcoming week.
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- To introduce the First Principle and Foundation
  - Articulate to retreatants that they are irrevocably, unconditionally, infinitely loved by Jesus.
- Offer an experience of praying with Scripture
- Introduce reflective praying of Bergen & Schwan Principle & Foundation prayer

Presenter Notes:

- Begin with warm welcome back

Art & Experience of Prayer

- Overview
  - Preparation
  - Prayer
  - Review of prayer
- Art of Prayer
  - All that you do to dispose yourself for the experience or the grace you are seeking.
  - This is your choice of WHERE, WHEN, HOW (method), or WHAT (e.g., Scripture, handout, book, our memories, etc.) which you will use.
  - It is the part of prayer of which we have control.
  - It is the least important part of prayer.
- The Experience of Prayer:
  - This is what HAPPENS in prayer; it is what God gifts you with in prayer; what He Brings about – whether it is dryness, distractions, desolation, meaningfulness, sense of His presence, understanding/insight, or feelings (joy, sorrow, gratitude.)
  - God always gifts you with what is best for you, or most needed for your spiritual growth. We have NO CONTROL over this.
  - It is the most important part of prayer.
  - If you have conscientiously disposed yourself for prayer (the Art), then you are called to accept God's gift (the Experience), whatever form it takes.
  - Therefore, if your gift from God is dryness or distractions, why should you be discouraged?
  - If your prayer does not “seem” to go well or is not very satisfying (no sweetness, closeness/intimacy with God), then it is normally due to one of the three following reasons:
    - God is testing your faithfulness in difficult times.
    - God is experientially showing you that in prayer ALL IS GIFT, especially if you feel that you have “mastered” the Art (e.g., on consecutive days you can do exactly the same thing with a passage and have totally different experiences.)
    - Your Art or manner of disposing yourself was defective or not conscientiously done.
• If God is not showing, that “All Is Gift”, then most likely it has to do with the Art. Therefore, you need to examine the Art to see if you properly followed your method to dispose yourself.
  • Did you use prime time and a good place to pray? Was the atmosphere (silence, recollection with little chances of interruption) conducive to prayer? Were the matter and manner helpful for prayer, and did you use the aids you have found helpful in the past (e.g., coffee, candle, some icon, music, etc.)?
  • Were you emotionally or physically exhausted at prayer time? Beware of H.A.L.T. times (Hungry, Angry, Lonely, or Tired) for when you are either physically not up to par or emotionally frazzled or disturbed. This can affect your prayer experience; e.g., if you are extremely stressed or on overload, and your mind is racing so that you feel “overwhelmed.”
  • Do you have any hidden anger or buried resentments or negative feelings in your subconscious?
  • Has there been a habit of sin developing lately in your life? (E.g., being critical or negative, lying, spreading rumors, over-fantasizing, or meanness or coldness to some individual, etc.) – If so, this can affect your prayer.
  • If the answers to the above four area questions are negative, then God is either testing your fidelity or demonstrating that A.I.G. (All Is Gift.)

**Review of Prayer**

• Paying attention to affective response to prayer time
• What emotions arose?
• Recording these experiences in a notebook.

• Review of the process of prayer going over all aspects of John Govan SJ’s handout on authentic prayer.

**Meditating Upon Scripture**

- Prayer is a conscious contact with the Lord, either in speaking, listening, or presenting.
- Three Ways of Contact
  - Speaking. In the beginning, we tend to have a monologue to express our thoughts and feelings. And while a dialogue is often better, most of us need to express ourselves before we are ready to listen.
  - Listening only is a deeper level, but you must first be comfortable with this and you must let the Lord lead you into this.
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- Present to, or being with, the Lord. Here, we just sense or experience His presence. It is often a “being with” the Lord in silence, and it can be the most profound form of prayer.

- How to Pray with Scripture
  - The need to first quiet down and settle in.
  - Normally, set a specific time and place conducive to quiet and solitude.
  - It is difficult to meditate after frantic activities or being upset with someone or something.
  - Possible use of a mantra – especially if you are praying in the middle of the day. This is using a prayerful word or phrase while deep-breathing.
  - Tune out distraction, but not forcibly. If disturbances are persistent, maybe God wants you to pray over them.

- Some Further Guidelines:
  - Do not rush; there is no need to finish the passage(s).
  - Often, less Scripture or material gone over is better.
  - Relax in prayer. You will be better disposed to “let it happen.”
  - Do not have any expectations regarding your prayer, especially with respect to the graces for which you are praying.
  - Let happen what happens. Accept this experience as God’s gift to you – even if it is filled with dryness and distractions.
  - Note: St. Francis De Sales’ comment on prayer: “If all you do is return to His presence after distraction after distraction, then this is a very good prayer.” For this reveals to the Lord how much you really want to be with Him.

- A key principle in prayer:
  - Whenever you have a sense that God is with you or that you are being touched or moved by Him, then stay with that experience as long as it lasts (e.g., when you are putting yourself in His presence.) Scripture or any other material you plan to use in prayer is only a means to get contact with or to be with God. If you are already with Him, then why move on?

- Reflecting on Prayer – taking notes
  - Reminder to use their notebook to note feelings, insights, experiences of prayer.

- Introduction to faith sharing – guidelines and process with brief modeling of your prayer this week.

- Coffee break on way to groups

Part C

- Explain faith sharing groups- refer to handout in binder
  - Not group therapy
  - Not for personal “revelations”
  - Discussion of your encounter with Christ this past week
  - Opportunity to see how Christ interacts with each of us differently and personally
  - Stress confidentiality
  - Structure
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- Take turns sharing, one person starts then around to the left
- Encouraged, not required to share, you can pass
- First time listen with silence and respect, note thoughts or questions on pad
- Second time share enhancements, other thoughts, comments that sparked a reaction in you. Where did you sense Christ in the sharing?
- Time requirements enforced by the facilitator
- Facilitator is your resource
- You don’t have to “master” every element but neither should you be confused or frustrated.

Small Group Meeting:
- Objective: To set the tone for safe, open sharing of spiritual experiences and to elicit background information on each retreatant sufficient to establish his or her identity in the group.
  - Explain group meeting dynamics
    - The retreat is a journey and this group is your way-station where you get to share stories with your fellow pilgrims.
    - Be respectful, a moment of silence after each person speaks
    - First round of speaking in an orderly fashion
    - As thoughts arise jot them down – this avoids cross-talking
    - Second round allows you to comment on something new that came to you during others’ speech.
  - Facilitator leads off discussion by sharing briefly her own personal/spiritual history. (Where has God acted in my life?)
  - Facilitator is prepared to offer questions, highlights, etc to larger group upon re-convening.

Part D

Presenter Notes:

Preparing for the Week Ahead:
- Welcome back from faith sharing groups and ask facilitators and retreatants for comments/questions.
- Prayers for the week including “What is Life All About?” and “Principle and Foundation”
  - Review suggested scripture passages and the grace to be sought
  - Praying your story – Your Principles & Foundation
    - You spent some time in the past week reflecting on your life and where you have met God in your personal history.
    - This week you take that a step further and consider
      - What is your life all about?
• What motivates and energizes you?
• What are the differences between you stated and operative values?
• The reflection sheet, “What is life all about” is a way of thinking through what are your own principles and foundation.
  o Continue searching and experimenting for right time, place, and things that helps your prayer experience
  o Pray for the grace noted throughout day
  o Reflect on prayer experience and take notes, including how the Grace prayed for was offered.

First Principle & Foundation
  o Two versions in your binder
    • Literal translation
      • Has more “bite”
      • Language can seem harsh when 450 year old Spanish words are translated into English
      • Plus side is that struggling with this is a learning experience
    • Prayer based on the Principle and Foundation (Bergen and Schwan)
      Heart felt experience of reflecting on the P&F personally
  o Ask retreatants to spend time with both the Principle and Foundation prayer and consideration.
    • Be attentive to your feelings as you read each one.
    • Focus less on comprehension, understanding
    • Move reflection from your head to your heart
    • It is ok to find this challenging or confusing, spend time with the tension of not fully understanding

Closing Prayer
• Presenter’s choice of scripture reading, then Bergen and Schwan’s Principle and Foundation. An option for reading is Isaiah 43: 1-5a-. A facilitator may be asked to lead this prayer.
  o Model the 7 Ps in this prayer experience (have the retreatants perform these steps as you verbally reinforce them):
  o THE SEVEN P’s and a C in Praying with Scripture
    • PASSAGE: from Scripture (Select one or two beforehand.)
    • PLACE: Select one private enough for silence and solitude.
    • POSTURE: Feel relaxed and comfortable; whatever feels right for you.
    • PRESENCE: Ask the Holy Spirit to guide your prayer. Put yourself consciously in the presence of the Lord. If this is significant, then stay there. If nothing seems to be happening, feel free to go to the Scripture.
• PRAY for a GRACE: This is key: “What you pray for is what you get.”
  The grace may already be specified, or it may come from your desires and needs.
• PRAY with Scripture: Begin by reading the scripture sometimes over and over again. You might try to read it aloud, or in a whisper, or in the rhythm of your breathing.
• PAUSE: at any word or phrase where there is HONEY (consolation), or VINEGAR desolation), or BREAD (spiritual appreciation or understanding regarding self, life or God.) Move on if it continues to be tasteless or watery.
• CLOSING: Normally, when we visit someone or converse with someone or write to someone, we bring it to a close. Do the same with your prayer
  • Principle and Foundation Prayer
  • Have retreatants read prayer in silence, close binders, pause
    o Presenter reads prayer slowly contemplatively

**Week 2 Prayer Objectives:**
- The retreatants will continue their commitment to prayer.
- The retreatants will pray suggested Scriptures and consider “What is Life All About, The Principle and Foundation, and their own principle and foundation.
- The retreatants will practice suggested prayer methods.
- The retreatants will become comfortable in faith-sharing groups.

**ADDENDA:**

**Week 2 Presenter Materials:**
- The presenter should reflect on Ignatius’ conversion story and quest for meaning in their own life.
- The presenter should be comfortable with sharing one’s own principle and foundation
- The presenter should read Principle and Foundation notes and various translations and interpretations.
- The presenter should reviewAnnotations 1 and 2.

**Retreatant Materials:** (What’s in their binder?)
- Grace Sought
- Suggested scripture readings
- Reflection prompt page, “What is Life all About?”
- Reflection prompt page, “The First Principle & Foundation” (Puhl translation)
- Some Notes on Prayer
Session #3

Part: A - Preparation Days/Principle & Foundation

Objective One:

- To reinforce faithfulness to the retreat and trust that God is near
- To understand God as love and mercy and the need to face false images of god
- To understand God as One who communicates directly with us

Liturgy:

- The retreatants have spent the past week reflecting on the God’s goodness, trusting God’s love, and on the First Principle and Foundation.
- The readings for this mass speak of the God’s great mercy.

Readings:

- Hebrews 4:12-16 “Let us confidently approach God.”
- Psalm 103: 8-17 “Merciful and gracious is the Lord”
- Matthew 11:25-29 “Come to me all who are weary and burdened”

Alternate Readings:

- Is 43: 1-5 “For you are precious in my eyes”
- Ps 145: 8-16 “Yahweh acts only out of love standing close to all who invoke Him”
- Jn 1: 1-5 “In the beginning was the Word”

Homily: The retreatants have been contemplating the greatness of God’s love

PART B – First Week, God’s Beloved Who Sin

Objective Two:

- To deepen the retreatants’ experience of the Principle and Foundation with dialogue and explanation.
- To accept God’s love and abundant mercy, our need for Jesus – as man, model, the Way, and the Truth.
- To understand sin in the context of God’s mercy, not guilt.
- To convey the reality and complexity of personal and societal sinfulness.
- To encourage faithfulness to prayer using imagination/Ignatian Contemplation.
Presenter Notes:

**Unpacking the Principle and Foundation:**

- Welcome and ask the retreatants for their experience with and response to mechanics/process of prayer this week and also to the Principle & Foundation consideration.
- The key to approaching the First Principle and Foundation is to understand first the overwhelming, all encompassing, protective love of God for you. He dreamt of you before time began to be His joy and companion.
- “Praise, reverence and serve”
  - These are the results of our felt presence of God’s unconditional love, not “requirements” to earn God’s love
  - “Save our soul”
    - This is unity with Christ, both now and after our death
  - “All other things”
    - Anything and everything that is not God or the “real self” that we are as his creation
      - E.g. We would be our “real self” with different colored hair, with a missing limb, with an illness
  - “In so far as they help us”
    - Not just a “me and Jesus” approach but in harmony with God’s will for all of His interdependent creation
    - Care for the environment, social justice, etc.
  - “In so far as they prove a hindrance to us”
    - Created things, once gifts, can become hindrances if they are valued in and of themselves, rather than as means to the end of loving God
    - Disordered attachments, idols – e.g. we don’t share even from our abundance because we value financial security so highly
  - “Indifferent”
    - “To be indifferent is to be detached, free from, and balanced with respect to all those here-and-now influences that may interfere with making ‘correct and good’ choices.” Paul We cannot be indifferent once we know God’s desires for us. Veltri
  - “We must make ourselves”
    - We can’t “make ourselves” indifferent this is a grace of God. This is the spiritual freedom we pray for in this retreat. This means we are in a posture of trying, of praying, of seeking.
  - “Our choice should be what is more conducive”
    - This refers to the Magis not doing more and more but choosing that which is closest to God’s desire for us and hence the greater good.
• E.g. We may think serving on another parish committee is a good thing, and it may well be, but God may be calling us to spend that time with our spouse or children, that would then be the “More.”
• This too is a grace of spiritual freedom that you pray for in this retreat.

**Imaginative prayer**

- Daydreaming with scripture
- Use of the senses
  - What sounds do you hear in the scene
  - What do you feel, rough wool cloth, wind in your face, etc.
  - What smells, food cooking, the animals in the manger
  - What do you see, where is this taking place, who is present, what is on the walls in the room, etc.
  - What do you taste? Eating an olive from a tree as you walk by, sharing bread, drinking wine at Cana, etc.
- Imagine what other characters feel and think
- No right or wrong imaginings, don’t worry about anachronisms, or historical accuracy, your imagination is the ultimate authority and guide
- You choose the method
  - Write your own script for a play
  - Watch the scene as if a movie
  - Be a character in the scene
    - Be Mary
    - Joseph
    - Hold the baby
    - Change the diapers
    - Feed the cows
    - Drink the water from the well
    - Extend your hand to Jesus to help him out of the Jordan after his baptism
- Reflecting on Prayer – taking notes
  - Reminder to use their notebook to note feelings, insights, experiences of prayer.

**Part C**

**Small Group Meeting:**

- Objective: To draw prayer experiences from the retreatants within the guidelines already explained about faith sharing. To share the past weeks encounters with God in reflecting on God’s great love in the context of examining their own life’s principles and foundation.
  - Drawing out faith experiences
Choose one or two highlight experiences, positive or negative from the week.
Don't read entire prayer notebook.
Offer encouragement, concern and empathy. Focus on the positive.
Ask, "Where was God in that experience?" or suggest taking challenges back to God in prayer.
Focus on God's great incomprehensible love for us.
- Facilitator is prepared to offer questions, highlights, etc to larger group upon reconvening.
- The facilitator will:
  - Encourage the retreatants to continue their commitment to prayer.
  - Encourage the retreatants to pray suggested Scriptures and consider how sin has affected them, and the world.
  - Encourage the retreatants to contemplate the greatness of God's mercy
- The retreatants will begin to use the senses in imaginative prayer.
- The retreatants should be preparing for small group sharing. (review of prayer notes, etc.)

Part D:

Presenter Notes:
- Welcome back from faith sharing groups and ask facilitators and retreatants for comments/questions.
- The Grace we are praying for this week is the experience of God's mercy

Obstacles to Experiencing God's Love - Sin

- Sin as ingratitude - refer to Fleming's description
- "Original sin calls our attention to a sobering but undeniable fact: We are not born into a neutral world in which the good is easily done; nor are we born into a world unscathed by evil. Quite the contrary, we are born into a world that is already weakened and damaged by sin, a flawed and fallen and disordered world in which there sometimes seems more darkness than light. Thus, when we sin we do not originate evil but add to what is already there." (Lamoureux and Wadell).
- God's mercy only has meaning in the context of our sinfulness
  - Think about your own personal history of sin
  - Think about your sins, intentional and accidental
    - Some harms you have caused you may not even be aware of
  - Think about your contribution to sinful structures
    - Our financial security may add to another's poverty
    - Our investments may fund weapons, environmental destruction, oppression of peoples
We are enveloped in a world that devalues human life & dignity
- Television and other media
- Trivialization of sexuality and intimacy
- Glorifying violence
- Honoring wealth
- Racism, bigotry

Being sinned against
- We are all wounded, we all have crosses to bear
- One in four people has been abused, physically, sexually
- We have suffered losses of parent, children, family, friends
- We have experienced an absence of God, or been angry at an omnipotent God that allows such awful things to happen
- Sin is cumulative; children are abused by parents who were abused as children who, in turn, were abused, and so on
- Evil is a real force in our world and in us

Catholics have a great history of dwelling on sin and not enough dwelling on the mercy of God – the only way that sin and evil make sense

Our response to sin
- Ignatius’ first step was to ask for knowledge of our sins
  - We are so dependent on God we can’t even see the depth of our sin without God’s grace revealing that to us.
  - Ignatius has us pray for shame, confusion, sorrow and tears over our sins
  - An Ignatius prayer image is to stand at the foot of the cross with a sense of gratitude for the gift of His sacrifice.

God’s mercy
- Reflecting on our sins is not an end in itself, which is merely self pity.
- Reflecting on our sins makes us realize that we cannot possibly save ourselves
- We need a Savior – hence the Good News
- Purpose of reflecting on our sins is God’s infinite mercy
- We are first and foremost God’s Beloved children and he loves to forgive us
  - We aren’t loved sinners as much as we are beloved who sin.
- Reflecting on our inability to succeed on our own leads us to dependence on God

Prayers for the week
- Review suggested scripture passages
  - Clear focus on God’s mercy
  - Does God have to do this?
  - Where would we be without God? Can we guarantee anything on our own? Even our next breath?
- Reminder of importance of faithfulness to the time commitment
- Ask facilitators if issues are arising about time and place to pray, distractions, etc.
- Pray for the grace noted throughout day
Reflect on prayer experience and take notes
  • Closing Prayer – Imaginative Meditation
    o Use your own guided meditation or the attached Joan Carney’s Zacchaeus
    o Retreatants assume posture of prayer
      ▪ Posture
      ▪ Breathing
      ▪ Eyes closed
      ▪ Ask for sense of the Spirit
    o Read scripture and meditation slowly
    o Presenter reads Bergen & Schwan Principle & Foundation prayer slowly and contemplatively.

ADDENDA

At-Home Prayer Objectives:

• The retreatants will continue to be faithful to their home prayer commitments

Presenter Materials:

• Closing Contemplation – Zacchaeus is one option
• The presenter should be familiar with the structure of the Spiritual Exercises
• The presenter should be familiar with Ignatian Contemplation (Thibodeux, Ivens, Gallagher, or Silf)
• The presenter should review Velti’s “On Gospel Contemplation”.
• The presenter should review Fleming’s “What is Ignatian Spirituality?” noting his description of sin as ingratitude.
• Read “A Look at Original Sin” from The Christian Moral Life: Faithful Discipleship for a Global Society by Patricia Lamoureux and Paul J. Wadell
• The presenter should review Annotation 4 and 6

Retreatant Materials: (What’s in their binder?)

• Grace sought
• Suggested scripture readings
• Prodigal Son
• Lost sheep
• Woman sinner
• Adulterous woman
• Zacchaeus
• Velti’s gospel contemplation instruction
Session #4

Part: A - First Week - God’s Beloved Who Sin

Objective One:

- To review the retreatants’ experience of the Principle and Foundation with dialogue and explanation.
- To emphasize that God is loving and merciful to us as beloved who sin.
- To convey the reality and complexity of personal and societal sinfulness.
- To review the use of imagination in prayer; gospel contemplation

Liturgy:

- The retreatants have spent the past week reflecting on the God’s infinite mercy.
- The readings for this mass speak of the God’s great mercy.
- The upcoming week will focus on the Incarnational Spirituality of Ignatius, Christ as God become man and the reality that Christ’s incarnation was permanent and ongoing; He is still with us today.
- The readings reflect man’s insignificance and God’s mindfulness of man

Readings: (attached)

- Ephesians 2: 1-10 Alive in Christ
- Psalm 8: 1-9 What is Man that God should be mindful of him?
- Luke 15:11-32 Prodigal Son

Alternate Readings:

- Ex 19: 1-8 Yahweh promises a covenant: You have seen how I carried you on eagle’s wings and brought you to myself…”
- Psalm 103: 1-8 “Yahweh is tender and compassionate, slow to anger, most loving.
- Luke 15: 1-10 Lost Sheep or lost dragma

Homily:

- The retreatants have been contemplating the greatness of God’s mercy and how they are saved from the effect of sin by Christ’s sacrifice and obedience.

Part: B - Second Week (Christ Incarnate - Who is Jesus Christ for you?)

Objective Two:
To emphasize the importance in this retreat of deepening our intimate relationship with the incarnate Christ.
To grow in our heartfelt knowledge of Jesus so that we may love Him more and follow Him more closely.
To share experiences of our own relationship with Christ.
To further instruct retreatants in gospel contemplation.
To remind retreatants to be attentive to emotions that arise during prayer and throughout the day.

Presenter Notes:

Review of previous weeks
- Ask retreatants and facilitators for highlights or challenges of the week
- Ask for comments/questions on the mechanics of prayer and the structure of this retreat, the Principle and Foundation consideration and Praying with Scripture
- The past week prayer was on the boundless mercy of God in dealing with sin/ingratitude
- We began introducing deeper levels of meditative prayer incorporating imagination as we continue to meet God in the privileged place of Sacred Scripture.

Using scripture in prayer to develop our relationship with Jesus using our imaginations.
- Gospel Contemplation or Ignatian Contemplation is a form of Meditation
  - Start with a meditative reading, “listening with the heart”
  - Then reflection in one’s own heart
  - Then respond from the heart
  - Then move to Contemplation leading to moments of being with God in deep faith
- Not “imaginary”, but imagination
  - Einstein said, “Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand” - Sounds pretty spiritual.
  - We often think of imagination as something for children but imagination is essential to grasp meaning and to communicate meaning.
  - Imagination makes present what is not present.
  - God uses our imagination to communicate with us.
- We each have different imaginative strengths.
  - Images
  - Feelings & Thoughts
  - Sounds
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- Try all aspects of the imagination and use what works for you. As you read a scripture story:
  - See the persons in the story – visual imagination
  - Listen to what the persons are saying – auditory imagination
  - Feel what they are feeling – tactile imagination
- Imagination is not anti-rational but super-rational
  - Stories contain not only the truth of an assertion but also convey truth through the ambiguous, the metaphor, the experiential, and the heart.
  - Compare:
    - Assertion – God is forgiving
    - Story – The picture of the father of the prodigal son running down the road to embrace the very son who wounded him so deeply.

Gospel stories are starting points for your imagination

- My (the presenter’s) personal reflection on these stories from my experience of getting to know Jesus in the Gospels
  - (Presenter’s story)

Part C

Small Group Meeting:

- Objective: To draw prayer experiences from the retreatants within the guidelines already explained about faith sharing. To share the past weeks encounters with God in reflecting on God’s great love in the context of examining their own life’s principles and foundation.
  - Drawing out faith experiences
    - Choose one or two highlight experiences, positive or negative from the week.
    - Don’t read entire prayer notebook.
    - Offer encouragement, concern and empathy. Focus on the positive.
    - Ask, “Where was God in that experience?” or suggest taking challenges back to God in prayer.
    - Focus on God’s great incomprehensible love for us.
  - Facilitator is prepared to offer questions, highlights, etc to larger group upon reconvening.

Part D

Presenter Notes:
• Welcome back from faith sharing groups and ask facilitators and retreatants for comments/questions.
• The Grace we are praying for this week is for a heartfelt knowledge of Jesus.

**Knowing Christ**

• This week’s scripture readings introduce us to Christ
  o We are moving from the mercy of God freeing us from sin, freedom from developing a relationship with Christ incarnate and having the freedom for that relationship.
  o The Incarnation
    • Ignatius vision of the three persons of God seeing all of mankind in all of human history in need of salvation
    • The Father expresses his overwhelming desire to share the gift of His son with humanity
    • The Son expresses his overwhelming desire to reveal the Father to us.
  o The early life
    • Nativity & childhood stories
  o The “hidden” life of Jesus
    • You can imagine what happened from the time his parents lost him in the temple to the time he is baptized.

**Reflecting on Prayer – taking notes**

• Reminder to use their notebook to note feelings, insights, experiences of prayer.

• Closing Prayer – Imaginative Meditation
  o Use your own guided meditation or the presentation contemplation attached.
  o Retreatants assume posture of prayer
    - Posture
    - Breathing
    - Eyes closed
    - Ask for sense of the Spirit
  o Read scripture and meditation slowly
  o Pause afterward and ask retreatants to examine how they felt during this prayer

ADDENDA

**Week 4 Prayer Objectives:**

• The retreatant will enter into personal reflection and consideration of who Jesus is for him/her
• The retreatant will seek a heartfelt knowledge of Jesus and try Ignatian Contemplation in praying the suggested Scriptures
• The retreatant will review their prayer experiences and note movements- positive and/or negative
Session 4 Presenter Materials:
- The Presenter should review structure and dynamics for the Second Week of the Exercises
- The presenter should prepare an Ignatian Contemplation on “The Annunciation” or other Scripture from the early life of Jesus
- The presenter should consider the sacrament of reconciliation at this time of retreat for self and help for retreatants
- The presenter should review the Spiritual Exercises on the “Kingdom of Christ” and the First Day, First Contemplation, “The Incarnation”
- “Guided Gospel Contemplation” Presentation of Jesus in the Temple

Retreatant Materials: (What’s in their binder?)
- Grace sought
- Suggested scripture readings
- The “Annunciation” reflection aid
Session #5

Part: A - Second Week (Christ Incarnate – Who is Jesus Christ for you?)

Objective One:
- To review and re-emphasize the grace of gaining a heartfelt knowledge of Christ.
- To explore the retreatants' experiences with the use of imagination in contemplative prayer.
- To review the retreatants' attentiveness to emotions that arose during prayer and throughout the past week.

Liturgy:
- The retreatants have spent the past week praying for a heartfelt knowledge of Jesus and reflecting on Jesus' early years.
- The readings for this mass speak of the birth of Jesus, Incarnation.

Readings:
- Isaiah 62: 1-5 You will be called by a new name... your God will rejoice in you
- Isaiah 9: 1-6 A great light
- Luke 2: 1-7 Birth of Jesus

Alternate Readings:
- Romans 16: 25-27 Mystery kept secret for endless ages is now made clear
- Is 62: 11-12 Look your Saviour comes
- Lk 1: 46-55 Magnificat

Homily:
- The retreatants have been reading about the early life of Christ and praying to connect to Jesus in his humanity as a friend, companion and savior.

Part: B - Second Week - The life of Jesus – The call of Jesus

Objective Two:
- To further develop a personal relationship with Jesus by contemplating his life and ministry.
- To grow in our heartfelt knowledge of Jesus so that we may love Him more dearly and follow Him more closely.
- To understand Jesus' ministry as a response to His father's call to Him.
- To then contemplate God's call to each of us and the implications of that call in our relationship with Jesus and in our life.
- To introduce the Examen prayer.
Presenter Notes:

**Review of last week**
- Ask retreatants and facilitators for highlights or challenges of the week.
- Ask for comments/questions on the mechanics of prayer and the structure of this retreat.
- The past week’s prayer was on the Incarnation and the early years of Jesus.
- We began introducing deeper levels of meditative prayer incorporating imagination.

**The Examen prayer**
- The prayer method that St. Ignatius taught his companions was indispensable; the most important prayer of the day.
- Add this to your daily routine
- Find five minutes somewhere in your day to reflect back on your day in these five steps
  - **Become aware of God’s presence.** Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.
  - **Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day’s gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.
  - **Pay attention to your emotions.** One of St. Ignatius’s great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings? God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.
  - **Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.
  - **Look toward tomorrow.** Ask God to give you light for tomorrow’s challenges. Pay attention to the feelings that surface as you survey what’s coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God’s guidance. Ask him for help and understanding. Pray for hope. St. Ignatius encouraged people to talk to Jesus like
a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father.

Part C

Small Group Meeting:

- Objective: To delve into the challenge of getting to know Christ on a very personal, human level. To explore the retreatants’ experiences in using their imaginations in contemplative prayer.
  - Drawing out faith experiences
    - Were you able to relate to Christ on a personal level?
    - What barriers did you encounter in developing that relationship?
    - Were you able to use your imagination in your prayer experiences; give examples.
    - Explore how to overcome challenges and objections to the use of imagination and relating to Christ in His humanity.
  - Facilitator is prepared to offer questions, highlights, etc to larger group upon reconvening.

Part D

Presenter Notes:

- Welcome back from faith sharing groups and ask facilitators and retreatants for comments/questions.

Jesus Ministry & Call:

- The Grace we are praying for this week is for a heartfelt knowledge of Jesus.
- This week’s scripture readings introduce us to Jesus’ ministry and his call to serve.
  - Reflect on God’s dream for his Son
  - God’s dream for the world
  - God’s dream for you
  - Jesus prays for us and the Father to be one just as He and the Father are one.
    - Praying the life of Christ leads us to this unity
- We are called to be our authentic selves; the persons God created us to be
  - We want to be in charge of our own destiny.
  - Recall the First Principal & Foundation
    - We are created to know, love and serve Christ
      - Must be in this order, must know him first
      - This is why we pray for the grace of a heartfelt knowledge of Christ
    - In knowing Christ we know the Father and ourselves
Letting God be in charge, accept that every breath is a gift.
  - Analogy to riding a two-person bike, we want to steer, and God won’t fight us, but we are meant to be in the back seat, pedal and enjoy the ride; let God drive.
  - Learning to find God’s dream for us
    - Need to find communion with God
    - Need to develop that relationship; listen to God speaking to us
    - How do we listen?
    - Obstacles to deepening our relationship with God – 7 Common Idols of Parents Handout

Reflecting on Prayer – taking notes
  - Reminder to use their notebook to note feelings, insights, experiences of prayer.

Closing Prayer – Praying the Examen
  - Settle in and become aware of God’s presence
    - Sit up straight, breathe, pay attention to your breath, your body
    - Feel your spirit stretch out to welcome God into this room, into you.
    - Let go of the worries, thoughts, concerns – they are clouds floating by, watch them disappear over the horizon
    - God is here, with us, in us
  - Let’s be grateful that God is here with us; that this God loves us.
  - Review your past day through God’s loving eyes.
    - What time did you get up?
    - How did you feel?
    - What did you have for breakfast?
    - Who was the first person you met?
    - Continue thinking through the entire day
    - What stands out?
    - What are you grateful for?
    - What disturbed you or made you angry?
    - What went wrong?
    - What was the best thing that happened?
    - Seek out moments that triggered an emotional response.
  - Pick anything that stands out and share that with God.
    - Tell God how you felt, were you grateful, angry, sad, happy, confused?
      - Ask God for God’s thoughts about it
      - Talk with God as with a friend, be honest, tell God how you feel
    - Now listen
      - Be still and know that I am God.
      - Let go of expectations
      - Just breathe and be, relax
  - Picture the remainder of your day & tomorrow
    - What’s on your schedule?
    - What do you look forward to?
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- What will be a challenge?
- Is there something you’re not excited about doing that needs to be done?
- Pay attention to how each prospective event makes you feel.
- Pick an event that gives rise to an emotional response and share that with God.
- Again, speak with God as a friend; tell him your worries, your hopes, what you’re excited about.
- Listen, be with the Lord; consider that this God that is your friend created the universe, the earth, the sky the stars; a powerful friend to have.
- Consider how this powerful God loves you and created you out of love; look to the rest of the day and tomorrow with hope; God is with you.

ADDENDA

Week 5 Prayer Objectives:
- The retreatant will deepen their relationship with the Incarnate Christ.
- The retreatant will seek a heartfelt knowledge of Jesus and begin to use the Examen prayer.
- The retreatant will review their prayer experiences and note movements—positive and/or negative

Session 5 Presenter Materials:
- Examen- Closing Prayer-Your Day
- The Presenter should be familiar with various Examen articles – “Rummaging through Your Day” by Dennis Hamm, “Tracking Your Moods” by Silf, Gallagher’s “Examen”, etc.

Retreatant Materials: (What’s in their binder?)
- Grace Sought
- Suggested scripture readings
  - The Call of Jesus
- The Examen prayer
- The “calming of the storm” contemplation
Session #6

Part: A - Second Week - The life of Jesus - The call of Jesus

Objective One:
- To reflect on the retreatants’ experience and understanding of their call to know and serve Christ.
- To explore the retreatants experiences with the use of the Examen prayer.

Liturgy:
- The retreatants have spent the past week praying to better know Christ and to explore their call to know and serve Him.
- The readings for this mass reflect God’s longings, our longings for God and obstacles to our relationship with Jesus.

Readings: (attached)
- Jeremiah 1:4-8 Call of Jeremiah. Before I formed you I knew you.
- Psalm 42:1-3 As the hind longs for running water, so my soul longs for you.
- Mark 10: 17-27 The Rich Young Man

Alternate Readings:
- 2 Cor5:15-20 It is all God’s work. God reconciled us to Godself through Christ and gave us the work of handing on God’s reconciliation
- Col 1: 15-20 Christ is the head of creation
- Matt 16: 24-27 If anyone wants to be a follower of mine let him renounce himself...

Homily:
- The retreatants have been praying for a closer relationship with Christ as they read about his life and ministry. They have been reflecting on Christ’s call in His baptism, and God’s call to them. Emphasis will be placed on God’s longing for the retreatants and the vulnerability God displays in reaching out to them.

Part: B - Third Week - The Passion & Death of Christ

Objective Two:
- To be with and share in the suffering of Jesus as He endures His Passion and death.
- To reflect on Jesus’ fidelity to His Father in the face of persecution.
  - “For grief and a feeling of confusion because for my sins the Lord is going to his passion.”
- To introduce the interior movements of spiritual consolation and spiritual desolation.

Presenter Notes:
Review of last week

- Ask retreatants and facilitators for highlights or challenges of the week.
- Ask for comments/questions on the mechanics of prayer and the structure of this retreat.
- The past week’s prayer was on the life of Christ and their call to know and serve Christ.
- Review and ask about experiences with the Examen prayer.

Review of Examen prayer

- Praying your own life – exploring and developing our relationship with God
- Opportunity to share with God the ups and downs of our life.
- Taking our feelings and emotions into conversations with God
  - What draws us closer to God?
  - What distracts us or draws us away from God?
- God communicates directly with us
  - Examen prayer, paying attention to our feelings and listening to God

Consolation & Desolation:

- There is an offer of God in every experience
- A GUIDED EXPERIENCE- Finding Vocabulary for Consolation and Desolation (JRH-SIHS modified version) - refer to presenters’ handout.
- Consolation and Desolation in terms of Hope, Faith and Love (Manresa chart –SIHS modified version)
  - Every experience, prayer, our drive to work, a walk on the beach, conversations with our family, a dinner party, is an opportunity to further our conversation with God. (Finding God in all things.)
  - Each experience creates feelings. We have very little control over our emotional response to experiences, they just are.
    - We feel anger over large issues like social injustice and over small things like being cut off in traffic.
    - We feel joy over large things like a birth of child and over small things like a great cup of coffee.
  - If we take time to reflect over and pray upon these feelings (praying for the grace) we start to see where an experience and its accompanying feelings are taking us; are we moving closer to God or away from God and toward ourselves?
  - The more often we allow ourselves to reflect in this manner the more attune we are to how we channel our feelings as we experience things. We learn to watch for the danger areas that pull us toward God and learn to tend toward experiences that lead us closer to God. The practice is akin to the small flip cartoons we made as a child. We would draw little action figures at the bottom of the pages of a book and when you flipped the pages the figures move, just like a cartoon or movie. Here though, the more we enter into reflection and learn where consolation and desolation lie the better we get at seeing the action of God in our life. The picture becomes more consistent and richer.
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- Response that take us closer to God is consolation
- Response that separate us from God is desolation
- Consolation: (St. Ignatius)
  - When an interior movement is aroused in the soul, by which it is inflamed with love of its Creator and Lord, and, as a consequence, can love no creature on the face of the earth for its own sake, but only in the Creator of them all.
  - When one sheds tears that move to the love of God, whether it be because of sorrow for sins, or because of the sufferings of Christ our Lord, or for any other reason that is immediately directed to the praise and service of God.
  - Every increase in faith, hope and love, and all interior joy that invites and attracts to what is heavenly and to the salvation of one's soul by filling it with peace and quiet in its Creator and Lord.
- Desolation: (St. Ignatius)
  - The opposite of consolation
  - Darkness of soul, turmoil of spirit, inclination to what is low and earthly, restlessness arising from many disturbances and temptations which lead to want of faith, want of hope, want of love.
  - The soul is wholly slothful, tepid, sad and separated, as it were, from its Creator and Lord.
  - The thoughts that spring from consolation are the opposite of those that spring from desolation.
- Review of Calming the Storm reflection from past week’s prayer.
  - Review of the prayer after prayer time
  - Where was God in the prayer experience
    - Where was consolation?
    - Where was desolation?
- What does it matter whether we receive consolation or desolation?
  - We will talk more later about using these reactions in decision making and in furthering your prayer life.
  - Now the focus is on just noticing your emotional responses.
  - Tie this back to St. Ignatius reading the Life of Christ and the Lives of the Saints during his recovering.
    - He paid attention to how he felt after his “daydreaming” – reflecting on his current life and on the lives of the saints.
    - He was excited by both the life of the court, with status, honors, women and chivalry and by the life of the saints with sacrifice and service. But later, reflecting upon each of these experience only the one brought feelings of peace and fulfillment (consolation) while the other left him dry and empty (desolation)
PART C

Small Group Meeting:
- Objective: To explore what the retreatants experienced in praying about Christ’s call to them. To review their experience of praying the Examen. To reflect how the Examen can be used throughout their day to deepen their relationship with Christ.
  - Facilitator is prepared to offer questions, highlights, etc to larger group upon reconvening.

PART D

Presenter Notes:
- Welcome back from faith sharing groups and ask facilitators and retreatants for comments/questions.

Entering into the passion and death of Christ
- Jesus suffers and dies to stay true in His relationship with his Father, despite betrayal, rejection, doubt and pain.
- Can be challenging prayer
  - We don’t like to think about pain
  - We don’t like to consider our own death.
  - We are challenged by Christ’s faith and generosity
  - Remember to accept whatever grace you are given
    - We may experience a strong emotional response, fear, tears, or nothing.
- The greater intimacy of sharing these experiences with Christ requires us to pray and act with more care and attention; just as sitting with a close friend on her death-bed.
  - Note how His divinity hides itself
  - Christ at his most human
- Christ’s passion and death was a result of his deep and abiding compassion. We seek to find the same compassion for others and our world.
  - This week’s scripture readings introduce us to Christ’s passion and death.
    - Be with Christ in his suffering
    - Pay attention to the manifestation of His humanity and the hiding of His divinity.
    - Remember to take note of the feelings and emotions that arise as you pray.

- The Grace we are praying for this week is to be with Christ in His suffering.
- Reflecting on Prayer – taking notes
  - Reminder to use their notebook to note feelings, insights, experiences of prayer.
- Closing Prayer – Praying the Examen
  - Guide the retreatants through an Examen prayer
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

ADDENDA

Week 6 Prayer Objectives:
- The retreatant will have incorporated the tool of the Examen in prayer life
- The retreatant will enter into Scripture readings placing self with Jesus in His suffering
- The retreatant will add a review of their feelings and their direction leading towards or away from God centeredness

Session 6 Presenter Materials:
- Consolation/Desolation-Guided Experience and Manresa Chart
- The presenter should review the structure and dynamics of the Third Week
- The presenter should prepare a guided Examen with an emphasis on one’s consolations, desolations and centeredness in God
- The presenter should review the Rules for the Discernment of Spirits, especially consolation and desolation

Retreatant Materials: (What’s in their binder?)
- Suggested scripture readings
- Grace sought
- Manresa Chart describing consolation/desolation in terms of Hope, Faith, Love
- Gospel Contemplation “Agony in the Garden”
Session #7

Part: A - Third Week - The Passion & Death of Christ

Objective One:
- To review retreatants experience with sharing in the suffering of Jesus as He endures His Passion and death.
- To reflect on Jesus’ fidelity to His Father in the face of persecution.
  - "For grief and a feeling of confusion because for my sins the Lord is going to his passion."
- To review the interior movements of spiritual consolation and spiritual desolation.

Liturgy:
- The retreatants have spent the past week praying the Passion of Christ to be with Him in his suffering and death.
- The readings for this mass reflect on the power of God over life and death, and the gift of Christ’s surrender to death out of love for us.

Readings: (attached)
- Philippians 2: 5-8 Divinity Hidden
- Psalm 22: 1-12 My God, my God, why have you forsaken me?

Alternate Readings:
- Heb 4:14-5:10 We have a high priest who has been tempted in every way that we are... during his life of earth he offered prayer and entreaty.
- Ps 31 Prayer in time of ordeal: To everyone of my oppressors I am contemptible...to my friends a thing of fear
- Mark 14: 32-42 Agony in the Garden

Homily:
- In Christ’s passion and death he willfully hid his divinity and surrendered His will to the Father. The retreatants have begun considering the concepts of desolation and consolation. Did Christ in His humanity also experience consolation and desolation?

Part: B - Fourth Week - Resurrection - Christ as Consoler

Objective Two:
- To explain the movement in the retreat from consoling Christ in his suffering to meeting the divine consoler in His resurrection.
- To share in the joy of Jesus’ resurrection.
- To review concepts of consolation & desolation.
To introduce the retreatants to concepts of Ignatian decision making.

Presenter Notes:

DONOR PLEA AND PRAYERFUL RETREAT EVALUATIONS/CONSIDERATIONS

Review of last week
- Ask retreatants and facilitators for highlights or challenges of the week.
- Ask for comments/questions on the mechanics of prayer and the structure of this retreat.
- Review the concept of consolation and desolation
  - Reminder that this is Spiritual consolation and desolation
  - Deeper level than just having a pleasant or unpleasant experience.
  - Identified through reflection, not an impulsive emotional response.

Review and ask about experiences with the Examen prayer

Ignatian decision making
- In the Principle and Foundation Ignatius says, “Our one choice should be this: I want and I choose what better leads to God’s deepening life within me.”
  - Ignatius tells us that decision making is an important part of our spiritual journey. God is active in our lives and is available to us as we make decisions.
  - Decision making grows from the daily practice of the Examen Prayer which helps us to recognize the differences between those movements that open us to God (consolation) and those that close us in ourselves (desolation). Making choices based on this awareness helps to free us from our attachments.
- We are our most authentic selves when we align ourselves (our desires, attitudes, and actions) with God’s desires. We do this by consciously “choosing God.”
- We are created to receive God’s self-communication. We want to use those gifts (intellect and discerning heart) to help us access God’s desire/will for us.
- When making a decision, awareness of/attention to where our heart is drawing us (consolation/desolation) is important in helping us discern God’s will.
  - Ignatius recommended this use of heart-knowledge in decision-making.
- And, it is also important to have an “informed” heart which makes use of our intellect.
- Why not use all the gifts God gave us in making decisions that will help us to grow in discipleship w/ Christ?

Bottom line is we want to make decisions that draw us closer to God.

- Basic principle for choices
  - Decisions are at the core of what it means to be human. “During that concrete moment of conscious decision making a person experiences
oneself as an “I” – the conscious, personal, free self – in all its concreteness and mystery.”

- “In every good choice, as far as depends on us, our intention must be simple. I must consider only the end for which I am created, that is, for the praise of God our Lord and for the salvation of my soul. Hence, whatever I choose must help me to this end for which I am created.”
- We should always choose what leads us to become conform more closely to the person God dreamt us to be.
- Ignatius believed that, “all is gift” so our choice is to use everything, every gift, as a means to the end of drawing closer to God.
  - Choosing a vacation or a retreat? The retreat is not “automatically” more “holy.” Both are gifts and we seek to choose the one that brings us closer to God.
  - Give to the poor or purchase a new car?
  - Volunteer at the soup kitchen or spend the evening with your children?
  - Take Johnny to school in the morning or have him take the bus while you sleep in?
- This is where consolation and desolation are helpful.
  - Pay attention to the deeper, spiritual effects of past choices and use those going forward. (offer personal example)
- Three circumstances in which a good choice can be made
  - Direct communion from God
    - After prayer and reflection you just “feel” it and really sense the effect of the Holy Spirit and know this is the choice.
  - From the understanding of God’s presence and will derived from our attentiveness to consolation & desolation
    - Covered above
    - No changes should be made when in desolation
  - In times of tranquility
    - When we are experiencing the Lord’s peace and aren’t troubled by pulls from different spirits.
      - Weigh options
      - Create columns listing pros & cons
      - Use of reason but in light of what choice will bring me closer to God.
      - Reason, not sensual pleasures
      - Offer choice to God in prayer for God’s confirmation
  - To choose with indifference
  - Only criteria are what will bring us closer to God; “More for the glory and praise of God our Lord and for the salvation of my soul.
- Balance at equilibrium
- Compare advantages and disadvantages of each option
- After choice seek confirmation
  - As if offering advice to a friend
  - As if at your moment of death
  - As if present before God as judge on judgment day
  - Try it on
    - Use your imagination to put yourself in the post-decision position and see how it feels.

Part C

- **Small Group Meeting:**
- Objective: To explore what the retreatants experienced in praying about Christ’s passion and death. To explore their experiences of consolation and desolation. To assist the retreatants in understanding consolation and desolation. To review the use of imagination in contemplative prayer and the use of the Examen prayer.
  - Facilitator is prepared to offer questions, highlights, etc to larger group upon reconvening.

Part D

**Presenter Notes:**
- Welcome back from faith sharing groups and ask facilitators and retreatants for comments/questions.

**Christ’s passion & resurrection experience**
- The experience of the passion was terrible and painful
  - Physical suffering – beatings, whipping, crucifixion
  - Psychological suffering – abandonment, denial
  - Spiritual suffering – “My God why have you forsaken me.” – Separation from His father.
- Christ likely felt hurt, angry, alone, fearful
- Christ’s response, forgiving his persecutors, not using his divinity to escape suffering, trusting in the Father, was toward God, hence consolation and resurrection. Christ’s faith in His father allowed the father’s grace to bring about a resurrection. This week’s scripture readings introduce us to Christ’s resurrection and consolation of his beloved.
- “Hidden” story in the scriptures and long church spiritual tradition that St. Ignatius highlights is that Christ would first appear to his mother.
  - We have no scripture reference for this so you must use your imagination.
- Last week we saw him hide his divinity and we consoled Christ in his suffering; Now his divinity is revealed and He is the divine consoler.
In gratitude, we reflect on the Gift of Nature, Memories and Others and also the Gift of this Retreat.

Repetition in Prayer
- Not doing the same thing again
  - Attentive to your feelings during prayer return to a place where you:
    - Gained an insight or understanding
    - Felt peaceful, joyful, satisfied, hopeful
    - Felt discontent, confused, angry, dissatisfied
  - We are not revisiting the points of subject matter but rather the points of personal sensitivity, so as to reinforce, deepen, or better appreciate them.
  - The process might be compared to focusing closely with a zoom lens, which eliminates large areas of the original picture so as to concentrate on points of particular personal interest.
  - “It is not much knowledge that fills and satisfies the spirit, but to feel and taste things inwardly.”
  - What counts in repetitions is not new content, but renewed encounter -- not just repeating an old acquaintance with the things of God, but discovering deeper levels of friendship with Him.

- The Grace we are praying for this week is to be with Christ the consoler.

Reflecting on Prayer – taking notes
- Reminder to use their notebook to note feelings, insights, experiences of prayer.

Closing Prayer – Praying the Examen
- Guide the retreatants through an Examen prayer focused on decision-making.

ADDENDA

Week 7 Prayer Objectives:
- The retreatant will continue to pray the Scriptures contemplatively and imaginatively.
- The retreatant will continue to review what happened in their prayer and entered notes into their prayer journal.
- The retreatant will continue to incorporate the Examen in her daily prayer and life.
- The retreatant will pay attention to spiritual consolation and desolation and the cause of those affectations.

Session 7 Presenter Materials:
- The presenter should review the structure and dynamics of the Fourth Week
- The presenter should prepare a guided Examen with an emphasis on decision making.
- The presenter should review, from the Exercises:
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- Matters about which a choice should be made.
- Three times when a Correct and Good Choice May be Made.
- Second Way of Making a Good and Correct Choice
- Direction for the Reformation of One’s Life.

Retreatant Materials: (What’s in their binder?)

- Suggested scripture readings including Gift of Nature, Memories and Others, and this Retreat
- Decision Making the Ignatian Way (JRH/Carney)
- Donor Plea
Session #8

Part: A - Fourth Week - Resurrection - Christ as Consoler

Objective One:
- To explain the movement in the retreat from consoling Christ in his suffering to meeting the divine consoler in His resurrection.
- To share in the joy of Jesus’ resurrection.
- Review concepts of consolation & desolation.
- Review the concepts of Ignatian decision making.
- To communicate the incarnation as a “here & now” event as the risen Christ labors with us to create the Kingdom.
- To introduce the Contemplatio and reflect on finding God in all things in gratitude.

Liturgy Context:
- The retreatants have spent the past week praying with the risen Christ and imagining His appearance to His mother.
- The retreatants have been reflecting on the principles and methods of Ignatian decision-making.
- The retreatants were introduced to Ignatian Repetition.
- They have reflected on the gifts of nature, memories and others, and the retreat.
- The readings for this mass reflect on the joy of the resurrection and the infinite generosity of God.
- The presentation today will focus on the Contemplation to Attain Divine Love as we close out the retreat.

Readings: (attached)
- 1 Corinthians, 12, 4-11 Spiritual Gifts
- Psalm 104, 1-4 Bless the Lord
- Luke 24, 13-32 (Parts) Emmaus

Alternate Readings:
- Song of Songs 3: 1-4 Have you seen Him whom my heart loves
- Eph 1: 3-14 God’s plan of salvation: He has let us know the mystery of His purpose
- Jn 21 Jesus appears to the apostles by Lake Tiberius

Homily:
- The retreatants have been praying the stories of the resurrected Christ seeking His consolation and joy. They have been imagining the encounters of Christ consoling his mother and friends; forgiving those who abandoned Him. The readings for this liturgy reflect that joy and celebration. The presupposition of love contained in the First Principle and Foundation is revisited as the retreatants join in the joy of the resurrection and they are turning to the Contemplatio.
Part: B - The Contemplation To Attain the Love Of God

Objective Two:
- To complete the circle of the Exercises and have the retreatants seek the grace of experiencing God’s presence and love in all things.
- To communicate the incarnation as a “here & now” event as the risen Christ labors with us to create the Kingdom.
- To seek the grace of knowledge of and gratitude for the gifts given to us by God so that we respond in loving service to others; to love as God loves us.
- To reflect on the gifts of nature, memories, others, and this retreat, finding God in all things.

Presenter Notes:

Review of last week
- Ask retreatants and facilitators for highlights or challenges of the week.
- Review the concepts of Ignatian decision making
  - Question understanding, experiences with consolation and desolation
  - Review prayer progression:
    - Praying with Scripture – just being with the Word
    - Imaginative prayer – Ignatian Contemplation – living the story through your use of senses
    - Examen prayer – praying through your day/your life – where did you meet God?
    - Ignatian Decision Making – “praydreaming” your deepest desires – seeking God’s will first and trusting in God’s generosity giving you the greatest joy
    - Repetition – not simply doing same prayer again – deep exploration of key emotional response.
  - Review retreat progression
    - Started by thinking about our life, the life of St. Ignatius & comparing his Principle and Foundation to our own
    - Reflecting on God’s great love and mercy – how our very sins carry grace
    - Spending time getting to know this man Jesus – Christ on a deeply personal, human level – developing a relationship
    - Sharing in the sufferings as he emptied himself to follow his deepest desire and purpose – to show us the Father
    - Rejoicing with his victory – savoring His consolation and embrace
Now we are going to look at how Christ is still alive and present in the world and ask ourselves how we live out our deepest desires and purpose.

**The Contemplation to Attain The Love of God**
- An ending point for the retreat
  - Likely history of retreatants returning home after 30 day secluded retreat would have time and opportunity to reflect on nature and God’s presence in all things as they made the journey home.
  - A call to action
    - Love ought to manifest itself in deeds rather than in words.
    - Love consists in sharing what one has and who one is with those one loves.

**Major theme is uniquely Ignatian – Finding God in All Things**
- Not pantheism, that is all things are God
- Rather, God is alive and active in every aspect of nature, our relationships, our thoughts, emotions and memories
- A world tremendously rich with possibility, creation hasn’t ended but God’s incarnation is still a reality in that the Risen Christ still labors joyfully with us to create love in the world.
- Reflect upon how God dwells in creatures; in the elements giving them existence, in the plants, giving them life, in the animals, conferring upon them sensation, in man bestowing understanding. So God dwells in me and gives me being, life, sensation, intelligence; and makes a temple of me, since I am created in the image and likeness of the Divine Majesty.

**Four concepts:**
- Reflection on God’s gifts to us (life, family, friends, faith, church, eternal life).
- God’s self-giving in Jesus.
- God’s continuing work in the world.
- The limitless quality of God’s love. As a contemporary paraphrase has it, “God’s love shines down upon me like the light rays from the sun, or God’s love is poured forth lavishly like a fountain spilling forth its waters into an unending stream.”

**Suscipe**
- Latin for “receive”
- Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, All I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace; that is enough for me.
  - Note the parallels to the First Principle and Foundation
  - Take some time with this prayer this week – just sit with it.
Part C

Small Group Meeting:
- Objective: To explore what the retreatants experienced in praying about Christ’s resurrection and consolation of his mother and friends. To explore their understanding of Ignatian decision making and how consolation & desolation inform their decisions.
  - To review their understanding of Ignatian Repetition. To reinforce the value and use of the Examen prayer. To transition out of the retreat and say farewell to their fellow pilgrims.
    - Facilitator is prepared to offer questions, highlights, etc to larger group upon reconvening.

Part D - Continuing the Journey
Objective Two:
- To make the retreatants aware of the multiple resources available for continuing their prayer life.
- To encourage the retreatants to explore service and to spread the Gospel of this retreat.
- To listen carefully to feedback to further improve the retreat experience.
- To seek the grace of companionship with Christ on his mission in the world today, in the here and now.

Presenter Notes:
- Welcome back from faith sharing groups and ask facilitators and retreatants for comments/questions.

Sharing the Experience:
- Facilitate witnessing/sharing with the entire group after small group sharing
  - What were the graces of the retreat?
  - What will you do going forward?

What’s Next?:

Spiritual Direction
- Highlight list of directors
- What is spiritual direction?
  - Not really “direction” yet more than “prayer partner”
  - More like sharing stories and experiences with a fellow traveler who has been to the country your planning to visit
  - Director is like a “caddy” or a “Sherpa”
  - Great help that keeps us honest and keeps us from deluding ourselves
  - A companion that helps us find the miracles in our lives that we can easily overlook

On line resources
- Technology is a great help
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- Short readings and reflections to entire 19th annotation retreat
- Focus on “Pray as you Go” and “Sacred Space”
- 3 minute retreat “app” for smartphones
- Jesuit Retreat House as a resource
  - Mention upcoming programs
  - Be open to weekend retreat experience
  - Share your own retreat experiences at JRH

19th Annotation Retreat
- Original retreat was to be directed in seclusion for about 30 days.
- 19th Annotation was Ignatius concession to the reality that many can’t get away for 30 days.
- Equivalent of doing one day’s prayer in about a week, lasts 32 weeks.
- Variety of directors, some small groups, some one-on-one
  - You get to schedule and choose what will work for you

Books & SPA Library
- Refer to book list
- Introduce “Praying through” a book
  - Slow contemplative reading of brief passages
- Welcome to use SPA library

Challenge Book
- Our gift
- A “practice” 32 week retreat
- Encourages daily prayer commitment

Encourage Daily prayer
- Keep going – prayer is a gift of this retreat
- Keep your prayer notes going
- Review them on a regular basis

Evaluations:
- Complete online evaluations
- Strongly encourage 100% participation.

Donations:
- Thank you for your financial support of this retreat
- There is no deadline for helping - contribute at any time

- Readings for the week:
  - No scripture
    - Return to, “What is life all about?”
    - Return to Principle and Foundation
  - Compare your initial experiences of these reflections to now

- Retreat evaluations:
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- We seek 100% response
- We don’t share your names with presenters or facilitators so you can be open and honest in your critique.
- The prayer is the important part of this retreat and we need to learn to get out of the way. We therefore don’t take criticism or suggestions personally. Be free and honest

- The Grace we are to continue praying is to learn to love as God loves

- Continue Preparing, Experiencing and Reflecting on Prayer
  - Reminder to use their notebook to note feelings, insights, experiences of prayer.

- Closing Prayer – Praying the Examen
  - Guide the retreatants through an Examen prayer focused on the concepts of the Suscipe and retreat experience
  - Close with a slow, reflective reading of the Bergan and Schwan First Principle and Foundation prayer.

ADDENDA

Week 8 Prayer Objectives:
- To appreciate that Christ continues to appear, continues to labor and continues to seek our friendship and help in bringing about the Kingdom.
- To revisit and reconsider their earlier reflections on what life is all about and what their Principles and Foundations are in the light of Ignatius and the graces of this retreat.

Session 8 Presenter Materials:
- The presenter should review the Contemplation to Attain the Love of God (SE 230)
- The presenter should review the structure and dynamic of the Contemplatio noting that:
  - Love ought to manifest itself in deeds more than words
  - Love consists in mutuality and sharing of goods, gifts and one’s self.
  - God dwells in creation
  - God is laboring with and through us to make manifest His love and presence.
  - Theological grounding
    - The purgative way:
      - Regret for sin and reformation
      - Deepening knowledge of self and God
      - Realization that we are in need of saving
    - The illuminative
      - Closeness to God
      - Realization of peace in this relationship
      - Relinquishing control to God
Spirituality Programs for Adults – Introduction to Ignatian Spirituality

- The unitive
  - Working as one with God
  - Feel compassion for all suffering as God does
  - Feel love and joy for all creatures as God does
  - Cannot love anything for itself but through your love for and union with God the creator.

Retreatant Materials: (What's in their binder?)
- Sheet containing the Contemplatio and the Suscipe.
- What is Life All About?
- Ignatian Spirituality Web-site list
- List of Spiritual Directors
- Principle and Foundation