



ALL FOR THE GREATER GLORY OF GOD

**“LOVE EXPRESSES ITSELF MORE
IN ACTIONS THAN IN WORDS”
— ST. IGNATIUS OF LOYOLA**

“Nothing is more practical than finding God; that is, falling in love in a quite absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning, what you will do with your evenings, how you will spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love; stay in love, and it will decide everything.”

— Pedro Arrupe, SJ



Take, Lord, Receive

3655 Torrance Blvd., PMB#328
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***The
Spiritual Exercises
of St. Ignatius:
Retreat in Daily
Life
(The 19th Annotation)***



Setting Hearts on Fire

Spiritual Exercises of St. Ignatius: Retreat in Daily Life

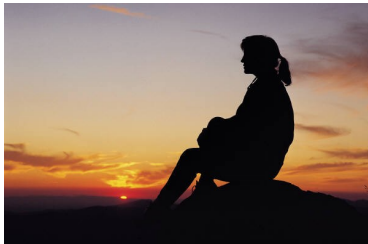
What are the Spiritual Exercises?

The Spiritual Exercises of St. Ignatius is an opportunity to experience a profound, transformative encounter with the living, loving God through the person of Jesus Christ. Through prayer focused on a flexible set of meditations and Scripture passages, the heart is opened to be touched personally and directly by God. St. Ignatius of Loyola described this experience as like being taught by God as a loving teacher teaches a beloved student. Through such encounters with God, one experiences deeply God's profound and complete love and learns to recognize the Spirit's movements within. This is the basis for discernment.

The Spiritual Exercises originated as a 30-day "away" retreat and is still offered in that form. St. Ignatius realized that many people, particularly lay people, cannot get away from their responsibilities for 30 days, and so, adapted the *Exercises* to accommodate the life situations of those invited by God to a deeper, more intimate relationship.

One of those adaptations is the "Retreat in Daily Life," also known as the "19th Annotation". It

is the full *Spiritual Exercises* given over the course of about 9 to 10 months as the retreatant continues to live their life in the world.



Who is this for?

The *Exercises* are for anyone who desires a deeper, more intimate relationship with God through Jesus Christ. People who are discerning vocations, making a major decision in their life, in the midst of a life transition, or re-affirming their present vocation or calling are also often drawn to the *Exercises*.

What can I expect?

We offer both a virtual (via Zoom) and in-person retreat (at Holy Trinity Parish in San Pedro, CA)

Your journey through the *Exercises* will involve:

- a prayer commitment of 45-60 minutes each day, plus 15 minutes for journaling
- 15 minutes of reflective prayer (called the Examen) each evening,
- a weekly 1-hour meeting with your *Exercises* facilitator (Online sessions are available.)
- participation in a faith sharing conference about once a month.

We will officially begin the retreat with a 1-day Orientation Retreat (usually the first weekend after Labor Day in September) focused on an introduction to St. Ignatius of Loyola, the *Spiritual Exercises*, and Ignatian forms of prayer that you will be using throughout the *Exercises*. We will formally end our time together with a 1/2-day Closing Retreat (around mid-June). Please see the insert for specific dates. The actual completion of your personal *Exercises* journey may end sometime after the Closing Retreat.



How do I get started?

If you are interested in the *Exercises*, please contact Tammy Ichinotsubo-Ezzi or visit our websites (see below) for an application. After submitting the application, you will be contacted to schedule a discernment interview. The purpose of the interview is to jointly, with the interviewer, discern if you are truly being invited by God to make the *Exercises* and if this is the right time for you to embark on the *Exercises* journey.

For more information, including a current schedule, the suggested retreat offering, and application:

Visit our websites: www.enkindlingtheheart.com; www.takelordreceive.com. You will find a link to the application which can be downloaded, completed, and returned via email attachment or printed and mailed.

If you have any questions, please contact Tammy Ichinotsubo-Ezzi at tammyiezzi@enkindlingtheheart.com or info@takelordreceive.com or (424) 305-0607



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