



Spiritual Exercises in Daily Life The 19th Annotation

You will deepen your understanding of Jesus and yourself through this retreat. It includes weekly meetings with a spiritual director (either via Zoom or in person) and daily scriptural prayer along with journal writing. *The meeting time will be arranged between you and your director.

“What is the spiritual exercises in daily life? The complete-full Spiritual Exercises of St. Ignatius of Loyola are traditionally done in silence during a 30-day retreat. They can also be done in one’s daily life at home over 8 months; this is called a 19th Annotation Retreat or Spiritual Exercises in the Daily Life.”

Applications are now being accepted. If you're interested, please scan the QR code to sign up, or click link: <https://rb.gy/sveoiz>



Spiritual Exercises Directors:

Ms. Cristine Goodman

Cris Goodman volunteered at the Jesuit Retreat Center for many years and is a graduate of the Pierre Favre Program. She has been a Spiritual Director at the Catherine Center, a residential program for women recently released from prison, sponsored by the St. Vincent de Paul Society of San Mateo. She has co-led directed retreats at the Jesuit Retreat Center in Los Altos. She is married and the mother of four adult children.

Ms. Susan Mandle

Susan completed the Jesuit Retreat Center Los Altos' Pierre Favre Program and currently accompanies retreatants there on the 19th Annotation Retreat, Summer 8-day Directed Retreat, and various overnight weekend retreats. She is blessed with a big, messy family and couldn't be happier.

Dr. Pat Campbell

Dr. Pat received her PhD in Counseling Psychology from University of San Francisco and her MA in Counseling Psychology from University of Santa Clara. A graduate of the Pierre Favre Program, she has assisted at JRC retreats and led spiritual direction groups at both Institutes for Leadership in Ministry and Mercy Center Burlingame.

For any questions, please email to Margarita: mhua@mht-church.org
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