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Go Deeper to Meet God through the Spiritual Exercises in daily life

The 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 over 8 months; this is called a **19th Annotation Retreat**. For this 19th Annotation Retreat, the only requirement is a heartfelt desire to deepen your relationship with God through a daily commitment to **one-hour** of personal daily scriptural prayer.

The retreat involves:

- *Weekly meetings for individual spiritual direction with a trained spiritual director, daily Scriptural Reading, and journal writing.*

Retreat Available to
meet on ZOOM or in
Person.

We are now accepting
online registration.
After you have made
your reservation you
will receive an email

Please Note: the
retreat starts in
September.

There is also the
option to give your
donation by using a
credit card.

Sign Up by clicking the link
below:

<https://tinyurl.com/y5j2eml5>

What's good about it? Feedback from a retreatant ...

"This Spiritual Exercises in Daily Life Retreat deepened my relationship with God. I was looking for a way to deepen my commitment to God, to revitalize my faith. This retreat did exactly that: gave me tools to take charge of my prayer life and actively find God in every event of my day, even the least significant." (Jean, a retreatant)

You are invited to register NOW.

*If you have questions, please call Margarita Hua 408-729-0101 ex 325
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MHTISC
Spiritual
Exercises