

# Spiritual Exercises in Daily Life—

*How will your heart  
changethis Lent?*

*St. Ignatius of Loyola* was a practical man whose life was changed by praying *the life of Jesus*. Later he wrote a short book called *The Spiritual Exercises*, so others could make a similar prayer journey. In *The Spiritual Exercises*, he writes that people who desire to make the 30-day retreat might be prevented by duties and necessary business. For these people, he suggests making the Spiritual Exercises in Daily Life.



**St. Joseph Congregation  
Parish Center  
12130 W. Center St.  
Wauwatosa, WI  
414-771-4626**

**What this “Retreat in Daily Life” involves:**

- A sincere desire to deepen one’s relationship with God through prayer.
- A commitment to pray with the Scriptures daily.
- Weekly meetings with your Lenten Small Group.

Two available times:  
Tuesdays at 9:00 am or 6:30  
pm in the Parish Center.  
Begins March 12<sup>th</sup>, and  
concludes on April 23<sup>rd</sup>

***There is no cost, but space  
is limited. Please register at  
[kathiandreoni@gmail.com](mailto:kathiandreoni@gmail.com)  
or 414-771-4626x106***