

Ignatian Spirituality Offerings - Which is Right for Me?

Winter/Spring 2021



I want to deepen my relationship with God by...	Then Consider...	Description	Setting	Commitment	Next Session
Small Group Workshops					
<ul style="list-style-type: none"> Starting or reviving a regular prayer practice, and/or Noticing how God is moving in my life 	<i>The Ignatian Prayer of the Daily Examen</i>	A deep dive into the daily reflective prayer that is a founding principle of Ignatian Spirituality. The Examen prayer invites us to find the movement of God in all the people and events of our day.	Small Group by Zoom	<ul style="list-style-type: none"> Daily prayer and contemplation Weekly reflection assignment Attend 4 weekly sessions 	Spring 2021 TBA
<ul style="list-style-type: none"> Further exploring Ignatian Spirituality typically after completing <i>The Ignatian Prayer of the Daily Examen</i> or <i>Encountering the Living God</i> Mindfully inviting God into my decision making 	Everyday Discernment	An Ignatian approach to understanding God's will. Based on the insights of St. Ignatius, the workshop focuses on recognizing and inviting God into our decision making.	<ul style="list-style-type: none"> Small Group by Zoom 	<ul style="list-style-type: none"> Daily prayer and contemplation Weekly reflection and reading assignment 6 weekly meetings 	FEB. 3 – MAR. 10, 2021 Details on St. Peter website, E-news, Bulletin
One-on-one Spiritual Companionship					
<ul style="list-style-type: none"> Deepening awareness of my relationship with God Noticing God in all things Being accompanied one-on-one by a spiritual director 	Encountering the Living God	Participants bring their prayer and everyday life experience into weekly, one-on-one direction sessions with a capable spiritual guide. The role of the director is to provide support in paying attention to God's personal communication and helping the individual to respond, grow in intimacy with God, and live out the consequences of that relationship.	<ul style="list-style-type: none"> Large group opening and closing session One-on-one meetings with a spiritual director All by Zoom 	<ul style="list-style-type: none"> Daily prayer and contemplation (30 to 45 minutes) 7 weeks which includes an opening and closing session and 6 weekly one-on-one meetings with the spiritual guide. 	Opening meeting on February 21 (Sunday after Ash Wednesday) February 28 first week of one-to-one spiritual direction. April 11 (Sunday after Easter). closing group session. Contact Fr. Doug Ray, SJ

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<ul style="list-style-type: none"> • Growing and deepening my relationship with God, self and others • Experiencing greater interior freedom to recognize and respond to God's call in my life 	<p><i>Individual Spiritual Direction</i></p>	<p>A form of "holy listening" with the director to share experience and feelings and contemplate the ways God is present.</p>	<ul style="list-style-type: none"> • Monthly one-on-one meetings with a spiritual director for 50 to 60 minutes. • Zoom or in-person depending on circumstances and personal preference 	<ul style="list-style-type: none"> • Openness to engaging authentically and sharing and exploring spiritual experiences in a non-judgmental atmosphere. • Often an initial six-month commitment, then an assessment of whether to continue. 	<ul style="list-style-type: none"> • Can be arranged at any time with a director. • Contact Allain Andry or Christine Pearson
<p><i>Spiritual Exercises of St. Ignatius</i></p>					
<ul style="list-style-type: none"> • Developing a more active relationship with God and the world • Noticing where God may be calling me • Finding the freedom to respond to God's will 	<p><i>Spiritual Exercises of St. Ignatius in Daily Life (19th Annotation)</i></p>	<p>The Spiritual Exercises are a program of meditations, prayers and contemplative practices centered on the life of Christ. Originally designed by St. Ignatius as a 30-day retreat, this small-group retreat in daily life, led by Fr. John Michalowski, S.J., extends over 8 months and includes weekly prayer assignments and small group meetings.</p>	<ul style="list-style-type: none"> • Small group sessions by Zoom as long as Phase 2 continues. OR • One-on-one retreat with a spiritual director 	<ul style="list-style-type: none"> • Daily prayer and contemplation (30 to 45 minutes) • Attend weekly small group meetings focused on that week's prayer experience 	<ul style="list-style-type: none"> • Small Group Sept 16- May 12 (Wed) contact Fr. John Michalowski, SJ • Directed individual retreats at any time, contact Allain Andry or Christine Pearson
<p>• Seasonal Retreats</p>					
<ul style="list-style-type: none"> • Entering prayerfully into the upcoming season • Engaging in a guided experience of Ignatian Spirituality with time for personal contemplation and small group sharing 	<p><i>Advent and Lent Seasonal Retreat</i></p>	<p>Morning of contemplation, prayer and sharing on a seasonal theme.</p>	<p>Large group gathering, individual prayer time and small group breakout. May be conducted virtually through Zoom.</p>	<ul style="list-style-type: none"> • Contemplation and mediation • 3 hours 	<ul style="list-style-type: none"> • February 2021 (Lent) and December 2021 (Advent) • Details to be announcement on St. Peter website, E-news, Bulletin