

Ignatian Encounter



Encountering the living God



*a 6-week directed
prayer experience*



St. Peter Catholic Church

The Jesuit Church in Charlotte's Center City



Encountering the living God

An encounter involving:

- *An immediate experience of God*
- *Finding God in all things*
- *An experience of discernment*
- *Exploring the possibility of doing the complete Spiritual Exercises*

Who would embark on this experience?...

The Ignatian Encounter is an invitation for those seeking to experience:

- *greater inner freedom*
- *deeper inner healing*
- *deep, abiding peace*
- *renewed sense of purpose, direction, meaning*
- *a deeper sense of the sacred*
- *clearer sense of God's presence and activity in one's life*
- *a greater sense of connection with oneself, loved ones, the human family, and all creation*
- *a spirit of discernment*
- *whether or not one is being invited to the complete Spiritual Exercises*

The Ignatian Encounter is an introduction to Ignatian Spirituality. It is a 6-week program where you can explore your relationship with God and be accompanied by a spiritual companion in that journey. You will meet once a week, socially distanced, by zoom or by phone.

What personal commitment am I expected to make?

One making the Ignatian Encounter would be asked to:

- *set aside 30 to 45 minutes each day to spend in prayer and reflection*
- *meet with a spiritual director/companion weekly for 45 minutes*
- *discuss with a spiritual director/companion the experiences, inner movements, and insights received as a result of the time spent in prayer/reflection and beyond*
- *remain open to the inner restlessness and desire for some change and/or growth in one's personal, social, and spiritual life*

The brilliant mind of **Ignatius** gave the world the **Spiritual Exercises**, a major contribution to both spirituality and psychology. — Robert Coles

The spiritual director/companion is a man or woman either trained or in training who accompanies you in order to support and aid you in:

- *noticing the sacred in your life*
- *discovering the reality of God's presence and activity in your prayer and life*
- *recognizing the places of life and energy in your daily experience*
- *enhancing the level of trust in your interior experience*
- *discerning your response to what you encounter*

“I went into the Encounter with a goal of wanting to expand my prayer life. This experience not only provided ways for me to do just that, but also the ability to perceive how God has been an active participant in my life – in many ways without me ever noticing. I left this Encounter with a more complete picture of who the face of God is for me, as well as an understanding of Spiritual Freedom, a concept with which I was unfamiliar. The overall experience is highly recommended – even for those with a busy travel schedule. It’s wonderful that St. Peter offers programs such as this for its parishioners!” –

Michael Corressell

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If you desire to participate,
email **Michelle Mardt** at
StPeterIgnatianSpiritualityCLT@gmail.com

This is **a journey full of surprises** where God discloses the love and acceptance of who we are. It allowed me to **experience** and **feel** God's deep love. I am inviting you, too, to take a test drive of Ignatian Spirituality. — Michelle Mardt



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www.stpetercatholic.org