

Everyday Discernment: An Ignatian Approach to Understanding God's Will

Based on the insights of St. Ignatius, the workshop focuses on how to recognize and invite God into our decision making. When we invite our deeply caring God into our decisions, we find the freedom to make the best choice.

Appropriate for

Those who believe that God is active in one's life and cares to be a part of decisions. This workshop is most appropriate for individuals who have some familiarity with Ignatian Spirituality such as having completed the Spiritual Exercises or the Ignatian Prayer of the Examen retreat.

Commitment

- Daily prayer and reflection throughout the 6 Wednesdays
- Meet in a small group for 90 minutes over six weeks

Dates TBA

Ignatian Spiritual Exercises - 19th Annotation

Appropriate for

Those with experience of Ignatian Spirituality, e.g.: *Meeting Christ in Prayer, the Ignatian Prayer of the Examen, Everyday Discernment, The Ignatian Encounter* or involvement in other forms of spiritual direction and those comfortable with small group faith sharing. Directed on an individual basis or in a small group.

Description

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people deepen their relationship with God. The first 5 weeks will be a time of preparation and discernment in which the retreatants will learn more about the Exercises. At the end, each retreatant will make a decision to continue or delay going forward with the Exercises.

Commitment

Engage in a daily prayer routine followed by journaling. Attend weekly sessions.

How to discern:

- Individual direction through the Spiritual Exercises is offered based on each person's schedule. For a Spiritual Director, contact Christine Pearson: christine@charlotte.twcbc.com or Jim Reichard: jreichard@gmail.com
- The Exercises have been adapted to a small group format and is offered over a 9-month period as a "retreat in daily life." Led by Fr. John Michalowski, SJ jmichalowski@stpeterscatholic.org - the group will meet weekly for 1 hour 15 minutes for 36 weeks.

7/30/21



Ignatian Spirituality
www.stpetercatholic.org

IGNATIAN SPIRITUALITY

St. Peter Catholic Church

2021 - 2022 Programs

Everything has the potential of calling forth in us a deeper response to our life in God. ~ St. Ignatius



Ignatian Spirituality at St. Peter

The mission of the St. Peter Ignatian Spirituality Program is to promote and foster the spirituality of St. Ignatius of Loyola. The program offers both group and individual prayer experiences throughout the year.



St. Peter Catholic Church
The Jesuit Church in Charlotte's Center City

507 South Tryon Street, Charlotte, NC 28202 • 704-332-2901

www.stpetercatholic.org

Introduction: Ignatian Spirituality 101 No registration required!**Sept. 12 Biss Hall at 10:15****Appropriate for any adult curious about spiritual growth.**

Join us for an interactive evening introduction to some key characteristics of the spirituality emerging from the life and spiritual exercises of St. Ignatius, experience Ignatian prayer, and discover how enriching it can be for your life.

Some Characteristics of Ignatian Spirituality:

- An immediate experience of God
- Finding God in all things
- Contemplatives in action
- Discernment
- Men and Women for Others

Seasonal Ignatian Spirituality Guided Retreats:**Appropriate for**

Anyone interested in an experience of Ignatian spirituality and making the most of the season of Advent or Lent

Description

Participants deepen their experience of Lent with a team-member-led reflection on the theme, a guided group meditation of imaginative contemplative prayer, private meditation and paired participant sharing.

December 4, 2021 ADVENT

Saturday morning retreat.

Meeting Christ in Prayer**Groups Begin Sept. 26 Sundays 10-11:15 am or Sept. 29 Wednesdays 7-8:15 pm****Appropriate for**

Anyone interested in refreshing or deepening their prayer life or exploring Ignatian spirituality forms of prayer.

Description

An engaging guided prayer experience modeled on St. Ignatius' exercises. A small group setting led by St. Peter Ignatian Spirituality Team members, 75 minute sessions over several weeks. Sessions include guided meditation, an orientation to Scripture readings, sharing and reflection, prayer techniques, and an overview of the individual prayer exercises to be practiced in the week ahead.

Commitment

- Engage in a daily prayer routine of 30 to 45 minutes
- Attend weekly small group sessions

To enroll, send your name & phone to StPeterIgnatianSpiritualityCLT@gmail.com

Ignatian Prayer of the Examen - Small Groups**Appropriate for**

Anyone interested in learning about or renewing their experience with the prayer that St. Ignatius called the most important 15 minutes of a person's day.

Description

The Examen is a daily prayer of honest self-assessment and reflection. Learn how to practice this prayer - a founding principle of Ignatian spirituality. Four weekly sessions.

Commitment

- Pray the Examen once or twice daily
- Briefly journal your experience
- Complete weekly reading assignment (1-2 chapters)
- Complete weekly listening exercise
- Attend weekly small group sessions

Dates TBA

Ignatian Encounter with the Living God**Appropriate for**

For those who seek a clearer sense of God's presence and activity in one's life, a renewed sense of purpose, direction and meaning, greater connection with others and to discern further Ignatian Spiritual experiences. Meets up to 8 weeks.

Directed Retreat includes a weekly one-to-one meeting with a Spiritual Director.**Commitment**

- 30 to 45 minutes of daily prayer and reflection throughout the 8 weeks
- 45 minutes each week to meet with a spiritual director/companion throughout the 8 weeks at a mutually agreed upon day and time.

Contact: StPeterIgnatianSpiritualityCLT@gmail.com

How to enroll:

Dates and Registration will be announced at Mass, in the Bulletin, eNews, Parish App and on the Website.

For questions please contact: StPeterIgnatianSpiritualityCLT@gmail.com



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