

Information Package

The Spiritual Exercises of St. Ignatius of Loyola in Daily Life

19th Annotation

September 28, 2023 – May 11, 2024

About the Exercises:

The Spiritual Exercises of St. Ignatius of Loyola are powerful prayer exercises containing prayer passages for meditation and contemplation, plus many helpful articles, tips and spiritual practices. The Exercises were composed by St. Ignatius of Loyola, founder of the Jesuits Priestly religious order, with the intent that they be given over a period of 30 days. Along with the Exercises Ignatius made certain annotations or notes, regarding how they are given. His 19th annotation concerns giving the Exercises to those who cannot do a 30-day retreat and would like to do the Exercises in daily life over an extended period. Hence the Exercises in Daily Life are referred to as the “Exercises According to the 19th Annotation.”

The format we use includes personal daily prayer (in your own home), monthly group meetings (together-in-person or via the internet), and bi-weekly individual Spiritual Direction with an assigned Spiritual Director (face-to-face or via the internet). This ongoing retreat experience offers you:

- an opportunity to share your spiritual life in confidence;
- new and/or deeper prayer methods;
- a deeper understanding of discernment; and
- a group that supports and shares with you.

For the Exercises we will be provide you with a book “*The Ignatian Adventure*” by Father Kevin O’Brien, SJ, and encouraging participants to use the Jesuit website www.ignatianspirituality.com. An additional resource of “*Selections from Tetlow’s Brief Notes*” is available, free, for those who request it. For our presentations during the Group meetings, we sometimes use adapted material from Ellen Tomaszewski’s handbook: “*Taking the Exercises to the World*”.

What are the Themes of the Exercises?

Each “Ignatian Week” of St. Ignatius’ Exercises takes longer than our normal 7-day calendar week when spread out over several months for the 19th Annotation. There is a period of Preparation Days plus four (4) “themes”.

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| Preparation Days: | “Encountering God’s Love” |
| Ignatian Week 1: | “The Reality of Sin” |
| Ignatian Week 2: | “Accompanying Jesus on Mission” |
| Ignatian Week 3: | “Being with Jesus in His Suffering” |
| Ignatian Week 4: | “Experiencing the Joy of the Risen Lord” |

See “Reading and Prayer Schedule” pages 3 & 4

What is the cost?

The total cost for the Exercises will be approximately \$355 over the course of the program.

- The fee for Spiritual Direction will be \$20 per session, for each person taking the Exercises, payable to your Spiritual Director as you go (*approximately* twice a month for 8 months = 8 mths. X 2 mtgs./mth. X \$20/mtg. = \$320).
- Cost of materials will be a one-time program fee of \$35 payable to “**Peace Retreats**”, which includes the book, “*The Ignatian Adventure*” by Father Kevin O’Brien, SJ, plus a 3-ring binder and handouts at group meetings. For those who already have the book, the fee is \$15.

Please note: *Cost should not hinder anyone from taking The Exercises as financial assistance is available from Peace Retreats.*

Time commitment:

The program will run from September 28, 2023 to May 11, 2024. The following is required:

- a commitment to pray about a half an hour to an hour each day (in your own home) using the prayer material and extra materials provided which are the O’Brien text and (for those who request this extra material) “*Selected Brief Notes*” by Joseph Tetlow, SJ;
- maintain a journal or record of some kind of the experiences of your prayer journey;
- two (2) sessions of Spiritual Direction per month with an assigned Spiritual Director (in person or on-line) to discuss your prayer journey including your feelings, values, and deep desires; and
- attendance at the group meeting (in person or on-line) once a month. These group meetings include prayer, presentations, reflection times and personal sharing.

When and where are the monthly Group meetings held?

When: Ten (10) Thursdays beginning September 28, 2022, from 6:30 – 9:00 pm
(See “*2023 – 24 Spiritual Exercises Group Meeting Schedule*” on page 5)

Where: (the meetings will be held at St. Joseph Church, upstairs above the Parish Office in the Pope St. John Paul II Room)

- For those who live distant from Grande Prairie, or if you prefer to take the Exercises via the internet, an assigned Peace Retreats member will make the Presentations to you that are listed on page 5 using the Peace Retreats Zoom account, on dates arranged between you and the assigned Peace Retreats member. If more than one participant chooses to use the internet, efforts will be made to make the Presentations to all of you on the same date so that you can experience a sense of togetherness as you go through the Exercises.

When do I meet with my Spiritual Director?

Spiritual Direction sessions should be arranged twice a month, from October to May between you and your Spiritual Director. Your Director will observe whatever protocols exist at the time of your sessions. Discuss your preferences with your Director. We are comfortable with face-to-face sessions that include social distancing, or sessions via a suitable internet platform.

Reading and Prayer Schedule for the Spiritual Exercises following “The Ignatian Adventure” by Father Kevin O’Brien, SJ

Please note that each Calendar Week of Prayer begins on a Sunday and ends on the following Saturday. For those who request Tetlow’s *Selected Brief Notes*, please take time to read them as you read and pray through the calendar weeks.

Preparation Days, 6 calendar weeks

Reading/Prayer material: chapters 1 - 6 (O’Brien) »» (Tetlow pages 118 & 130)

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|-----------------|---------------------------|
| Sunday, Oct. 1 | Calendar Week of Prayer 1 |
| Sunday, Oct. 8 | Calendar Week of Prayer 2 |
| Sunday, Oct. 15 | Calendar Week of Prayer 3 |
| Sunday, Oct. 22 | Calendar Week of Prayer 4 |
| Sunday, Oct. 29 | Calendar Week of Prayer 5 |
| Sunday, Nov. 5 | Calendar Week of Prayer 6 |

Ignatian Week #1: “Experiencing the Boundless Mercy of God”, 4 calendar weeks

Reading / Prayer Material: Chapters 7 – 10 (O’Brien) »» (Tetlow pages 131 & 141)

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| Sunday, Nov. 12 | Calendar Week of Prayer 7 |
| Sunday, Nov. 19 | Calendar Week of Prayer 8 |
| Sunday, Nov. 26 | Calendar Week of Prayer 9 (1 st Week of Advent) |
| Sunday, Dec. 3 | Calendar Week of Prayer 10 |

Ignatian Week #2 “Accompanying Jesus on Mission”, 12 calendar weeks

Reading / Prayer Material: Chapters 11 – 22 (O’Brien) »» (Tetlow pages 150, 155 - 157, 161, 162, 165 - 166)

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| Sunday, Dec. 10 | Calendar Week of Prayer 11 |
| Sunday, Dec. 17 | Calendar Week of Prayer 12 (The Birth of Jesus) |
| Sunday, Dec. 24 | Calendar Week of Prayer 13 (The Childhood of Jesus) |
| Sunday, Dec. 31 | Calendar Week of Prayer 14 |
| Sunday, Jan. 7, 2024 | Calendar Week of Prayer 15 |

Ignatian Week #2 “Accompanying Jesus on Mission” (continued)

Reading / Prayer Material: Chapters 11 – 22 (O’Brien) »» (Tetlow pages 150, 155 - 157, 161, 162, & 165 - 166)

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|-----------------|---|
| Sunday, Jan. 14 | Calendar Week of Prayer 16 |
| Sunday, Jan. 21 | Calendar Week of Prayer 17 |
| Sunday, Jan. 28 | Calendar Week of Prayer 18 |
| Sunday, Feb. 4 | Calendar Week of Prayer 19 |
| Sunday, Feb. 11 | Calendar Week of Prayer 20 |
| Sunday, Feb. 18 | Calendar Week of Prayer 21 (1 st Week of Lent) |
| Sunday, Feb 25 | Calendar Week of Prayer 22 |

Ignatian Week #3 “Being with Jesus in His Suffering”, 4 calendar weeks

Reading / Prayer Material: Chapters 23 – 26 (O’Brien) »» (Tetlow pages 167 & 168)

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| Sunday, March 3 | Calendar Week of Prayer 23 |
| Sunday, March 10 | Calendar Week of Prayer 24 |
| Sunday, March 17 | Calendar Week of Prayer 25 |
| Sunday, March 24 | Calendar Week of Prayer 26 (Palm Sunday) |
| Sunday, March 31 | Calendar Week of Prayer 27 (Easter Sunday) |

Ignatian Week #4 “Experiencing the Joy of the Risen Lord”, 6 calendar weeks

Reading / Prayer Material: Chapters 27 – 32 (O’Brien) »» (Tetlow pages 169 - 171)

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| Sunday, April 7 | Calendar Week of Prayer 28 (Easter Sunday) |
| Sunday, April 14 | Calendar Week of Prayer 29 |
| Sunday, April 21 | Calendar Week of Prayer 30 |
| Sunday, April 28 | Calendar Week of Prayer 31 |
| Sunday, May 5 | Calendar Week of Prayer 32 |

2023 - 24 Spiritual Exercises Group Meeting Schedule

Group Meeting Day, Time and Location:

Day: Thursdays **Time:** 6:30 – 9:00 pm

Locations:

- **In-Person Meetings:** at St. Joseph Church, upstairs above the Parish Offices in the Pope St. John Paul II Room
- **Virtual Meetings:** If you choose to attend the Group Meetings via the internet you will be in your own home, communicating with us and other participants using the Peace Retreats Zoom account. Actual dates and times will be in consultation with the Peace Retreats member who is making the Presentation, with an effort to set dates near the ones listed below.

Please notify your Spiritual Director if you will be absent from any of the Meetings.

Dates and Themes of Presentations (Subject to change if necessary)

1. Thursday, Sept. 28, 2023: *“Information” and “Prayer”*
2. Thursday, Oct. 12: *“Principle and Foundation”*
3. Thursday, Nov. 2: *“Experiencing the Boundless Mercy of God”*
4. Thursday, Dec. 7: *“Meditation and Contemplation”*
5. Thursday, Jan. 4, 2024: *“The Two Standards”*
6. Thursday, Feb. 1: *“Discernment”*
7. Thursday, March 7: *“Praying the Passion”*
8. Thursday, April 11: *“Resurrection / Contemplation on the Love of God”*
9. Thursday, May 2: *“The Gifts of the Exercises”*