

How to Continue your Loyola Retreat Experience

Days / Evenings of Prayer

An opportunity to spend a day (9:30-3pm) or an evening (7-8:30pm) being renewed in energy, in spirituality, and in your relationship with God. Please visit our website for a list of scheduled Days/Evenings.

Loyola Weekend Retreats

Loyola weekend retreats are based on the *Spiritual Exercises* of St. Ignatius Loyola. Through silence, solitude and Scriptural prayer, each weekend is designed to help you discover God's life within. Please visit our website for a list of weekend retreats.

Follow-up Retreats

A way to deepen your weekend experience through a short evening of prayer and contemplation with others who have recently been on retreat. *Follow-up retreats are being offered on the following dates from 7:00 - 8:30pm. Please call or email to register: October 27, 2010 ; December 22, 2010; February 23, 2011; April 13, 2011; June 22, 2011.*

Road to the *Spiritual Exercises*

Cycle I – an introduction to the structure and dynamics of the prayer of the *Spiritual Exercises*. (Advent 2011, Lent 2012)

Cycle II – an introduction to the discernment of spirits and spiritual direction. (Advent 2010, Lent 2011)

A series of three evenings each in Advent and Lent. Details to be posted on website shortly.

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The Spiritual Exercises of St. Ignatius

"The Exercises are the fountain of your spirituality and the matrix of your Constitutions, but they are also a gift that the Spirit of the Lord has made to the entire Church: it is for you to continue to make it a precious and efficacious instrument for spiritual growth of souls....."

--Benedict XVI to GC35, 21 February 2008

Loyola House of Retreats
The Jesuit Retreat
(973) 539-0740
www.loyola.org

A Call to Action, “What more does God want now?”

Did you know the Loyola Weekend Retreat is an Ignatian Retreat based on Ignatian Spirituality?

What is Ignatian Spirituality?

Ignatian Spirituality is rooted in the experience of Ignatius Loyola, whose conversion to Christian faith began while he was recovering from war wounds. Ignatius gained many insights into the spiritual life in the course of a decade’s long spiritual journey during which he became adept at helping others deepen their relationship with God. He documented his conversion experience in the “Spiritual Exercises” which have become the foundation of Ignatian Spirituality.

Ignatian Spirituality can be described as an active attentiveness to God joined with a prompt responsiveness to his leading. It is a spirituality of attentiveness, of watching and waiting, of noticing the ebb and flow of our feelings and inner dispositions. The central theme of Ignatian Spirituality is that God is at work everywhere – in work, relationships, culture, the arts, the intellectual life, creation itself.

**** Finding God in All Things ****

Central to Ignatian Spirituality are the *Spiritual Exercises* of St. Ignatius Loyola

What are they and how can they help me?

The *Spiritual Exercises* of St. Ignatius of Loyola are a month-long program of meditations, prayers, considerations, and contemplative practices that help Catholic faith become more fully alive in the everyday life of contemporary people. They are a way for everyone to seek and find God in their workplaces, homes, families, and community.

These *Exercises* may be made over approximately thirty days in a silent retreat away from home, which was its original form or in the midst of daily life, while living at home, over a period of several months. The *Spiritual Exercises* are universally recognized as a most excellent means of discerning spirits and learning to follow the inspiration of God.

The purpose of the *Spiritual Exercises*, writes Ignatius, is to facilitate the movement of God’s grace within us “so that the light and love of God inflame all possible decisions and resolutions about life situations”.

**** Turn the page for ways to continue your Loyola weekend retreat experience ****