

The Spiritual Exercises



The Spiritual Exercises is an intensive Retreat offered in the Archdiocese of Vancouver by the Jesuit Spirituality Apostolate with the blessing of the Archbishop. It lasts almost 9 months. It is individually directed (each participant has their own personal Retreat Director). Thus, each person's retreat is personalized & unique. It is Church approved, originally by Pope Paul III in 1548 (as part of the Catholic Reformation). It was composed by St. Ignatius of Loyola, founder of the Jesuits. It is a compilation of classical Catholic spirituality including the "devotio moderna".

This Retreat focuses on facilitating one's actual Experience of God – and a practicum of Discernment involving finding the Lord in the deepest areas of one's soul. By praying through one's own life and the life of Christ, one experiences God's Presence, Healing, and Call to salvation and vocation, including any major life decisions.

For information (& important dates): <http://jsav.ca/> or registration, email coordinator@jsav.ca

Praying the Spiritual Exercises of St. Ignatius of Loyola

Application deadline: **January 15, 2021** Registration fee: \$100 (bursaries available).

Please note the following requirements:

This program is held in 2 Parts (May – mid-June & October to May 3, 2022)

Part 1 (May – mid-June)

Requirements include:

- *daily: 1 hour & 15 minutes of prayer*
- *a weekly online meeting with your Director,*
- *a weekly online instructional session (using Microsoft Teams and Skype) taught by Jesuit priest Fr. Richard Soo:*
 - 2021: May 4, 11, 18, 25 (Tuesday)**
 - June 1, 8 (Tuesday)**
 - 7 – 9 p.m.**
- *Plus a silent retreat day on Saturday, May 8, 2021 from 9:00 a.m. – 5:00 p.m.*

Part 2 (September to May 3, 2022)

Requirements include:

- *daily: 1 hour & 15 minutes of prayer*
- *a weekly meeting with your Director,*
- *a monthly online instructional session (using Microsoft Teams and Skype) taught by Jesuit priest Fr. Richard Soo*

2021: September 28, October 26, November 30 (Tuesday)

2022: January 4, February 22, March 22, May 3 (Tuesday)

7 – 9 p.m.