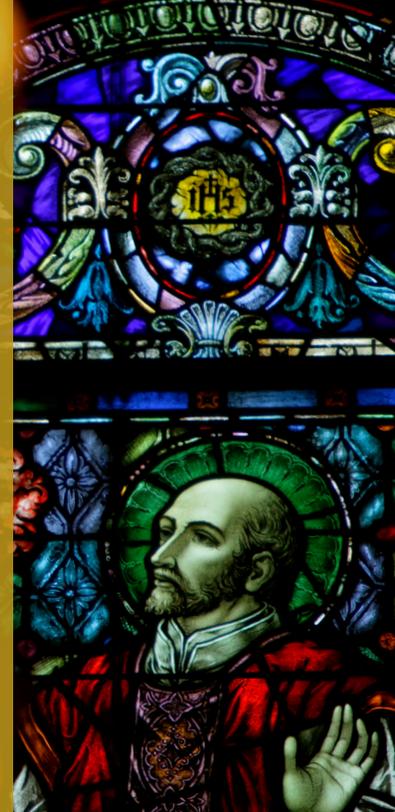




*You
are
invited!*



*The Spiritual Exercises
of Saint Ignatius of Loyola*

IN EVERYDAY LIFE

2018-2019



COLLEGE OF THE
Holy Cross

sponsored by the
Vice President for Mission
& the Holy Cross
Jesuit Community



COLLEGE OF THE
Holy Cross

SOME BASIC INFORMATION

1. What are the *Spiritual Exercises of Saint Ignatius of Loyola*?

Just as walking and running are **physical** exercises contributing to good health, so the *Spiritual Exercises of Saint Ignatius of Loyola* are a compilation of **spiritual** exercises to be done in order to deepen our relationship with God. Ignatius of Loyola began taking notes on his own spiritual experiences long before he sought ordination as a priest. These notes formed the basis of what eventually became a classic work in Christian spirituality: the *Spiritual Exercises*. It is not a book to be read but rather an instruction manual for spiritual directors (guides) who assist a man or woman in actually *doing* the Exercises.

2. What are the *Spiritual Exercises in Everyday Life*?

For some individuals, the *Spiritual Exercises* are best made in a secluded retreat setting over a period of 30 days. For many people, however, a month-long retreat, in a secluded setting, is often neither feasible nor desirable. Even in the first printed edition of the *Spiritual Exercises* (1548), St. Ignatius made explicit provision for individuals who wanted to make the complete Exercises without having to leave their homes and work responsibilities. This is known as a *19th Annotation Retreat* because it is in the 19th explanatory note (an *annotation*) of the *Spiritual Exercises* that Ignatius describes how a person can remain in his or her ordinary living and working circumstances while setting aside a certain amount of time each day for doing the *Spiritual Exercises*.

3. When are the *Spiritual Exercises in Everyday Life* offered at Holy Cross?

In the past several years more than 70 members of the Holy Cross faculty and staff have completed the *Spiritual Exercises in Everyday Life*. The Exercises will be offered again during the **2018-2019** academic year, beginning in September and ending in May. Applications can be made during the summer.

4. What are the expectations for making the *Spiritual Exercises in Everyday Life*?

Saint Ignatius expected that anyone seeking to make the *Spiritual Exercises* is intent upon seeking a deeper relationship with God and is willing to make a serious commitment of time each day for prayer (thirty minutes or more) and to meet weekly with a spiritual director (for about a half hour).

5. What if, having begun the *Spiritual Exercises in Everyday Life*, it becomes clear that this is not the right time for me to do this?

There can be many reasons why someone, having begun the *Spiritual Exercises in Everyday Life* might choose not to continue with Exercises. In the early weeks of the *Spiritual Exercises in Everyday Life* there are intentional “pauses” that allow one to make a decision about whether or not to continue. The decision can be discussed with the spiritual director.

6. Who are the directors for the *Spiritual Exercises in Everyday Life*?

The directors are members of the Jesuit Community at Holy Cross, members of the staff of the Chaplains’ Office, and other laymen and women involved at the College. Retreatants can indicate their preference for a man or a woman as director. All the directors are individuals who have some training and experience in the *Spiritual Exercises*. The role of the director is to listen attentively to your experience of God acting in your day-to-day life and to offer encouragement along with some suggestions for following the Exercises.

7. What do I need in order to make the *Spiritual Exercises in Everyday Life*?

More than anything else, you need a generous heart and a trust in God’s loving care for you. Beyond that you need to find a quiet space, and to have a set time in your daily routine for prayer. A bible and a notebook for your thoughts are also helpful. Each retreatant is given a copy of *The Ignatian Adventure* by Kevin O’Brien, S.J., a book that many have found to be a helpful resource for use during the retreat.

8. Where can I learn more about the *Spiritual Exercises of St. Ignatius of Loyola*?

More information about the *Spiritual Exercises* can be found in www.ignationspirituality.com and www.conversationsmagazine.org (*Conversations on Jesuit Education*, Spring 2015). There are many other resources for learning about the *Spiritual Exercises* both on-line and in the library.

9. How can I apply for the 2018-2019 *Spiritual Exercises in Everyday Life*?

If you think you might be interested in the *Spiritual Exercises in Everyday Life* during the 2018-2019 academic year at Holy Cross, applications forms are available from Paul Harman, S.J., Director of Special Projects in Mission, pharman@holycross.edu. or Ext. 3657