

THE SPIRITUAL EXERCISES OF ST. IGNATIUS LOYOLA



AN AT-HOME, DIRECTED IGNATIAN RETREAT

IN THE MIDST OF DAILY LIFE, THIS RETREAT IS A DIRECTED 30-WEEK COMMITMENT TO DAILY PRAYER, SCRIPTURE REFLECTION, JOURNALING AND WEEKLY SPIRITUAL DIRECTION SESSIONS.

AN INVITATION TO:

- DEEPEN YOUR RELATIONSHIP WITH GOD
- DISCOVER YOUR OWN DEEP DESIRES
- NOTICE GOD'S MOVEMENTS IN LIFE AND RESPOND TO THEM
 - GROW IN SPIRITUAL FREEDOM IN MAKING CHOICES
 - CONNECT YOUR LIFE EXPERIENCE WITH THE LIFE OF JESUS CHRIST BY FINDING GOD IN ALL THINGS

OFFERED BY VALERIE HIGDON, SPIRITUAL DIRECTOR AND CERTIFIED DIRECTOR OF THE IGNATIAN EXERCISES.

THERE IS NO CHARGE FOR THE RETREAT OR WEEKLY SESSIONS.
PLEASE CONSIDER A DONATION TO THE JOURNEY CENTER.

CALL THE JOURNEY CENTER AT 707-578-2121 TO REGISTER.
(LIMITED TO TWO PARTICIPANTS)

Journey Center, 1601 Fourth Street Santa Rosa, 707-578-2121, www.journeycenter.org