

The Spiritual Exercises of St. Ignatius of Loyola

Wednesday evenings, 7:00 p.m. – 9:00 p.m

The Spiritual Exercises of St. Ignatius of Loyola are designed for anyone who is already a person of prayer and finds themselves seeking a deeper relationship with God. The Exercises are experienced in a 30-week retreat facilitated by a qualified Ignatian director.

During the 30 weeks, you will be taught to integrate the experience of God's Spirit into your daily life. The Exercises are comprised of specific prayer meditations, scripture readings and prayerful reflection. A commitment to daily prayer and meeting weekly with your group retreatants is essential.

This is a closed group.



30-week retreat

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