A ten-week Directed Prayer Experience

- An immediate experience of God
- Being a contemplative in action
- Finding God in all things
- The meaning of the Magis
- An experience of discernment
- Exploring the possibility of doing the complete Spiritual Exercises

INFORMATION SESSIONS:

**Monday, September 8 at 12:30 and 4:45 p.m.**
Community Room of the Pedro Arrupe, S.J. Campus Ministry Center

If you desire to participate, e-mail Fr. Bowler at jbowler@fairfield.edu or return the form below to him at the Egan Chapel of St. Ignatius Loyola

Name: __________________________________________
E-mail: __________________________________________
Cell: ____________________________________________
Fairfield Identity: ☐ Student ☐ Faculty ☐ Staff ☐ Other
Religious Affiliation (optional): ____________________________
Who would embark on this experience?...
The Spiritual Exercises of Ignatius are for those who seek:

- greater inner freedom
- deeper inner healing
- integrity and authenticity
- renewed fire and life energy
- deep, abiding peace
- renewed sense of purpose, direction, meaning
- a deeper sense of the sacred
- clearer sense of God's presence and activity in one's life
- a greater sense of connection with oneself, loved ones, the human family, and all creation
- a spirit of discernment
- a thirst for justice and peace
- a desire to serve others
- a deeper, more vibrant knowledge of and relationship with God/Jesus
- to discern whether or not one is being invited to the complete Ignatian Spiritual Exercises

What personal commitment am I expected to make?
One making the Spiritual Exercises of Ignatius would be asked to:

- set aside 30 to 60 minutes each day to spend in prayer and reflection
- meet with a spiritual director/companion weekly for 45 minutes
- discuss with a spiritual director/companion the experiences, inner movements, and insights received as a result of the time spent in prayer/reflection and beyond
- remain open to the inner restlessness and desire for some change and/or growth in one's personal, social, and spiritual life

The spiritual director/companion is a man or woman who accompanies you in order to support and aid you in:

- noticing the sacred in your life
- discovering the reality of God's presence and activity in your prayer and life
- recognizing the places of life and energy in your daily experience
- enhancing the level of trust in your interior experience
- discerning your response to what you encounter

A ten-week directed prayer experience includes:

- 30 to 60 minutes of daily prayer and reflection throughout the 10 weeks
- 45 minutes each week to meet with a spiritual director/companion throughout the 10 weeks

“The brilliant mind of Ignatius gave the world the Spiritual Exercises, a major contribution to both spirituality and psychology.”

- Robert Coles