

St. Ignatius Adult Education Centre

Preparation Days for the Spiritual Exercises of St. Ignatius

A 5 Week Commitment beginning May 2, 2018

In simple terms, the “Exercises” are a ‘user-friendly’ way to get a new sense of how God works in our lives, how to make wise choices, how to find God in the people and experiences that fill our days. While they require a time commitment and presume some prayer experience, they are open to anyone who seriously seeks to enhance the quality of their relationship with God.

There are many reasons that draw people to making these Ignatian Spiritual Exercises. For some it is a desire to grow in personal freedom so as to be able to make better choices and decisions. For others, it is simply to deepen their relationship with God in Jesus. Still others seek a more conscious experience of spirituality to support their desires to bring greater justice into the world about them.

Whatever the motives one might have for making the Exercises, the benefits of obtaining a clearer focus in one’s life are not just personal. Those who grow in a confident peace with themselves will be better persons at work, at home – everywhere. Those who develop a more trusting relationship with God will necessarily deepen their concern for justice among all persons.

The commitment is:

-daily prayer with scripture

-briefly journaling your prayer experience

-meeting once per week as group for teaching on Wednesday evenings, 7-8:30 pm

This introductory program is a stand alone retreat program. But for those who might be interested in making the Spiritual Exercises of St. Ignatius in Daily Life retreat in the fall this preparation also fulfills the necessary pre-requisite.

If you are interested, please contact Valerie to register at

204-453- 9243 or email adult.education@stignatius.ca