



SPIRITUAL EXERCISES OF ST. IGNATIUS

October 16 - 19, 2008 (Women)

October 30 - Nov. 2, 2008 (Men)

Specifics about the retreat

The retreat will be led by an Incarnate Word priest, experienced in directing Ignatian retreats. The Spiritual Exercises are done over 3 days beginning on Thursday evening and completing mid-day Sunday. The Ignatian format is done in silence with the participants staying overnight at the retreat center. A private room and all meals are included.

Continued spiritual direction by an Incarnate Word priest will be offered after the retreat. Perpetual Adoration is available at the Church of the Nativity Parish, next door to Vallombrosa Center, and at the Dominican convent, across the street.

Retreat Location & Directions

The retreat will be at: Vallombrosa Center
250 Oak Grove Ave.
Menlo Park, CA

From Highway 101:

101 (Bayshore Freeway) to Willow Road, towards Menlo Park. Continue on Willow Road, and make a right turn on Middlefield Road. Turn left at the third traffic light (Oak Grove Ave.). Vallombrosa Center will be on the right side.

From I-280:

Exit Page Mill Road east, and turn left to El Camino Real. Continue approximately 3.5 miles, and turn right to Oak Grove Ave. Vallombrosa Center will be on the left side.

Contact Information

For more information, call Dcn Joseph 408-988-4585 ext. 2227. You may also request information by email at retreats@olop_shrine.org.

Why should I consider a retreat for spiritual exercises?

It is possible to attend Mass, pray, and receive the sacraments and at the end of our life not know God. True devotion requires the ability to meditate on God's will, and the willingness to respond to it. This calls for conversion and the resolve to improve one's fulfillment of God's will. Without this, one presumes and counts not on His Divine Mercy, but on His tolerance.

Fr. John Hardon, S.J., wrote that the spiritual exercises are very effective in finding God's will for those who do them, and avoiding two common mistakes. First, the common approach of *waiting for God's grace* leads to quiet waiting, but we do not follow His will because we take no action. Others act *only in divine inspiration from God*, and decline external guidance even from legitimate Church sources. The spiritual exercises help us to discern what is from God, and what is not.

There is no one simple answer why people decide to do the Spiritual Exercises, but these are typical experiences and outcomes:

- Intimately meeting Jesus Christ and learning to live in His presence;
- Learning to make decisions through faith, hope, and out of love for God, in an orderly way;
- Experience God's quiet, insistent, and loving call;
- Discerning the specific tasks God desires of us.

In His infinite love,
*God dwells
among us*

What are the spiritual exercises like?

They are a very personal experience. But it is very important to have an experienced spiritual director, to lead us in doing them correctly, otherwise it is easy to undermine our own efforts. For example, not everyone should fast during the exercises, for it may not allow you to focus on prayer, meditation, and devotion.

During the retreat, the director will assign meditations, to be done in silent and prayerful devotion. During prayer, mass, and holy hours, you will be able to experience God in your life.

True devotion requires the ability to meditate on God's will, and the willingness to respond to it.

Who can do the spiritual exercises?

The exercises are offered to separate groups of men or women. Young people can do the spiritual exercises, if the director believes they are sufficiently mature. There is no specific age limit.

What happens after the retreat?

When you complete the retreat, you will have access to an Incarnate Word priest for continued direction and guidance, if you so desire.

Who will conduct the retreat?

A priest from the Incarnate Word will conduct the exercises. The spiritual exercises following the format of St. Ignatius require an experienced director; the Incarnate Word priests use this method in their daily spiritual lives.

Christ calls each of us to follow Him, and our baptismal promise left an uncharted map in response. St. Ignatius developed exercises that allows us to generously bond ourselves to The Lord, Our God. The more we do so, the more disposed we become to His graces and spiritual gifts, which are greater each day.

from The Constitution of the Society of Jesus

“Just as strolling, walking, and running are bodily exercises that get the body in shape and make it more alert, so spiritual exercises incline the soul to purify itself and render it more determined to seek and find God's will for one's life...”

St. Ignatius of Loyola