

# St. Ignatius of Loyola

Saint *Ignatius of Loyola* was a Spanish Basque priest, theologian, and soldier wounded in battle in 1521.

He recorded his process of conversion for all people to find God in all Things.

During his lengthy recovery *Ignatius* experienced a profound conversion which ultimately led him to founding the religious order called the Society of Jesus (Jesuits).

AMDG

*Ad Majorem Dei Gloriam*

His dedication in leading others to God resulted in a handbook for Spiritual Directors called the Spiritual Exercises.



## SPIRITUAL EXERCISES CALENDAR

### Application:

All application materials should be submitted by July 15<sup>th</sup>.

### Decision:

A committee of directors will advise you by August 15<sup>th</sup>.

### Spiritual Exercises:

The Exercises begin in September and finish during the Easter season.

### For a Comprehensive Presentation

concerning the Spiritual Exercises please visit our webpage [www.daylesfordabbey.org](http://www.daylesfordabbey.org)

### Email:

[spiritualdirector@daylesford.org](mailto:spiritualdirector@daylesford.org)

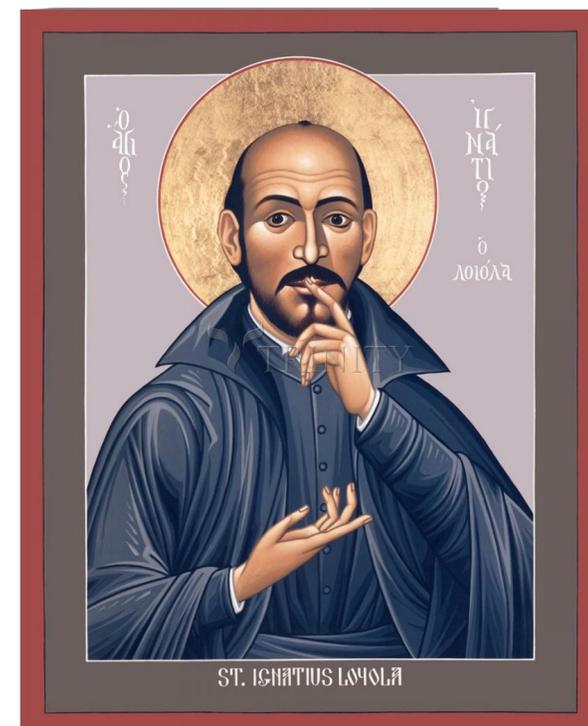


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*Our Lady of the Assumption Church*

DAYLESFORD  
ABBNEY

# SPIRITUAL EXERCISES



“Go forth and set the world  
on fire.”

*St. Ignatius of Loyola*

# What are the Spiritual Exercises?

The Exercises are not instructions or sermons: they are guidelines to lead a person into deeper relationship with God.

They are not reserved for those in religious life, but are intended for all God's children.

There are no writing assignments, but journaling is required. Like all exercise they require discipline and commitment.

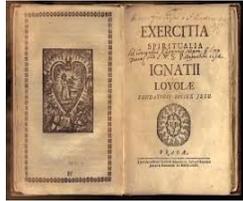
Ignatius divided his Exercises into "weeks" that are like stages to be adapted for you by your Spiritual Director.

In the 1<sup>st</sup> week Ignatius establishes the Principle and Foundation - uncovering one's ultimate purpose. One also explores God's profound love for us, despite our failings.

In The 2<sup>nd</sup> week we move to respond to God's love with greater generosity.

The 3<sup>rd</sup> week is the passion of Jesus. Dying to ourselves with Christ develops strength and courage to do God's will.

The 4th week concerns Christ's appearances following his resurrection. We are empowered to assume our mission.



## Format:

We offer the 19<sup>th</sup> Annotation - A 30 week format - where you meet with a Spiritual Director for an hour each week.



Nothing is more practical  
than finding God, than  
falling in Love  
in a quite absolute, final way.  
What you are in love with,  
what seizes your imagination,  
will affect everything.  
It will decide what will  
get you out of bed  
in the morning,  
what you do with your evenings,  
How you spend your weekends,  
what you read, whom you know,  
what breaks your heart,  
and what amazes you with  
joy and gratitude.  
Fall in Love, stay in love,  
and it will decide everything.

*Fr. Pedro Arrupe, S.J.*

## FAQ

### What will be required of me?

You are asked to pray one hour a day and meet with your Spiritual Director for one hour each week. You will also be asked to journal your moments in prayer. You also want to be willing to accept the challenges God may present to you as you experience the Exercises.

### Qualifications

Applicants should be in spiritual direction for a year. It is best to have a desire to pray with scripture. It is best to have a desire to grow closer to God. You should have a willingness to share your life experiences and emotions with a Spiritual Director.

### What is the stipend for?

Your stipend compensates your Director and contributes to the support of the Abbey. We offer the 19<sup>th</sup> Annotation on a sliding scale of \$900 - \$1200. If you feel called to participate, we want you to be with us, regardless of your offering.

### How do I apply?

You may download the application from our webpage or you may request that one to be mailed or emailed to you.

### When do I start?

Mid-September is when we begin the Exercises. Times of life transition can be particularly good. God has a mission for everyone.