

## The Spiritual Exercises at Loyola House



Since 1969, Loyola House has been promoting the personally-directed Ignatian retreat. All of our programs are rooted in the methods of Ignatius and the dynamics of his Exercises. While there are alternative ways of experiencing the Spiritual

Exercises, Loyola House is famous for offering them in a 40-day format. This fits well with Ignatius' suggestions for those women and men who are able to disengage themselves by withdrawing "from all friends and acquaintances, and from all earthly concerns." (SpExx [20]).

**Our 40-Day Spiritual Exercises Experience includes** the 30 days that comprise the four "weeks" recommended by Ignatius. We start with five "disposition" days during which we prepare participants to enter into the ways of proceeding which mark the Exercises. These days include input on the theological themes and methods of prayer. The last five days are spent in "appropriation". These days offer a workshop atmosphere in which the participants give time to reflection and discussion that help them understand and appropriate the experience of the 30 days of prayer.

**Loyola House enjoys a reputation** for keeping our tradition of being a solidly grounded centre, faithful to the text of St. Ignatius - reinterpreting it in the context of today's world.

**Ignatius Jesuit Centre** is a place of peace that welcomes a global community of people who seek to integrate their inner and outer life with God and with all Creation.

We promote right relationships with God, with each other and with Creation, especially through spiritual development in the tradition of the Spiritual Exercises of St. Ignatius of Loyola and through deep engagement with this land.

**Loyola House Retreat & Training Centre** is central to the Ignatius Jesuit Centre, located one km north of Guelph on over 600 acres of beautiful farmland, with walking trails through rolling hills, woods and wetlands—all of it an integral part in our retreats and programs.

### Loyola House

#### Retreats & Spiritual Training

5420 Highway 6, North

Guelph ON N1H 6J2

Registrar: 519.824.1250 ext 266

Fax: 519.767.0994

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[loyolahouse.com](http://loyolahouse.com)

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# The Full Spiritual Exercises Experience of St. Ignatius of Loyola

2017-2018



**Ignatius Jesuit Centre**  
*A Place of Peace*

**Loyola House  
Retreats & Spiritual Training**

[ignatiusguelph.ca](http://ignatiusguelph.ca)  
[loyolahouse.com](http://loyolahouse.com)

## Who are the Spiritual Exercises for?

- Women and men who are serious about their Christian life
- Those who desire to grow in their relationship with Christ
- Lay persons, religious, priests, Christians from any tradition
- Those who have important decisions to make about their life
- The young who have the potential to spread the Gospel
- The elderly who seek to understand the path their lives have taken
- People on sabbatical or involved in a change of career
- Those making decisions during a period of transition
- Women and men in positions of leadership
- Those in Christian formation programs, as part of a community or volunteer organization
- Those engaged in the ministry of spiritual direction

The Exercises will be offered on:

**40-Day - October 2-November 11 2017**  
**October 1-November 10 2018**

**Cost: \$4,200 Cdn.**  
**Applications due August 15**

*Total fees include tuition, room & board.*

*"Grateful to be accepted into the program.  
Received more than I had hoped for,  
a new fire has been lit in my heart!"*

*"Truly a privilege to be here and to be guided so  
gently and so completely on this life-giving  
journey with Christ."*

**Directors:** Our team of spiritual directors includes qualified Jesuits, lay persons, sisters, and priests.

**Pre-requisite:** Candidates for this program should have sufficient background for the Spiritual Exercises. This includes the experience of regular spiritual direction, the ability to pray with scripture and gospel-based prayer using your imagination. Ideally, this will have been experienced in the context of an 8-day directed Ignatian retreat.

### Application Process:

- Obtain an application package from the Registrar. **See contact information below.**
- Complete and return the entire application and a non-refundable application fee of \$100 CDN by deadline.
- Payment can be made by cash, cheque in Canadian dollars payable to Ignatius Jesuit Centre, VISA - Mastercard, or online.
- The completed application will be assessed by the Acceptance Committee.

**For an application package,  
please contact:**

**The Register, Loyola House**  
**registration@ignatiusguelph.ca**  
**519 824 1250 ext 266**

**The Spiritual Exercises have been described** as a school of prayer, a means of discernment, a means for growing in relationship with Christ. The text of the Spiritual Exercises is considered a unique spiritual classic. This treatise on prayer offers a method of prayer that allows the "retreatant" to follow Jesus and seek God's will in any circumstances, from the most mundane activity to the most moving experiences. For many it is an inner "Camino" pilgrimage with Christ.

**Ignatius designed the Spiritual Exercises** to assist a person to come to spiritual freedom and make a good decision in congruence with the Holy Spirit's inspiration. As Ignatius says, they are "Spiritual Exercises which have as their purpose the conquest of self and the regulation of one's life in such a way that no decision is made under the influence of any inordinate attachment." (SpExx [21])

