

What is the 19th Annotation Anyway?



THE SPIRITUAL EXERCISES OF ST. IGNATIUS: *A Retreat in Daily Life*

with **Tammy Ichinotsubo-Ezzi, PhD**

Nothing is more practical than finding God; that is, 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 will do with your evenings, how you will spend your weekends, what you read, who 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."

-Pedro Arrupe, SJ

The Spiritual Exercises of St. Ignatius is about falling in love with Love. What is it you are in love with now? What do you desire most? St. Ignatius was in love with honor, chivalry, romance, status and everything that brought, at least in his imagination. And then, through a series of events, starting with being shot in the knee with a cannonball, he fell in love with God. His heart and his life were changed forever. *The Spiritual Exercises* arose out of St. Ignatius' own encounters with God through the person of Jesus Christ. Through them, we companion with Christ through his life, death, and resurrection and discover not only the depth and fullness of his love for us, but also his dream for each of us as individuals. The journey of the Spiritual Exercises is an opportunity to experience a heart-felt encounter with God through Christ that allows for a deeper openness to God, a more acute attentiveness to God's movements within and a greater responsiveness to God's invitations, bringing greater interior freedom. The "Retreat in Daily Life" is given over 10 months. It involves a total of 60-75 minutes of daily prayer, 15-30 minutes of journaling everyday, a weekly 1 hour meeting with an Exercises director, and attendance at a Faith Sharing Conference every 5-6 weeks. All Faith Sharing Conferences will be on Sundays from 2-4 pm. We will begin the journey together with a 1½ day orientation to introduce the Spiritual Exercises and Ignatian prayer forms, concluding with a ½ day "Sending Off" retreat.

If you have been desiring a deeper relationship with God, a personal encounter with Jesus, more interior/spiritual freedom, or greater discernment of God's will, perhaps God is inviting you to make the *Exercises*.

Contact Tammy Ichinotsubo-Ezzi at tezzi@maryjoseph.org or at (310) 377-4867, ext 252 for the application. Tammy will contact you for a follow-up discernment interview upon receipt of your application.

**When your application is completed mail to the
Mary & Joseph Retreat Center Attn: Tammy Ichinotsubo-Ezzi
5300 Crest Road, Rancho Palos Verdes, CA 90275**

Important dates:

**Applications now being accepted
Application Deadline*
July 30th, 2010**

Orientation Weekend:

*Saturday, September 11,
9:00 am to 4:00 pm &
Sunday, September 12,
1:00 pm to 5:00 pm*

Sunday Faith Sharing Conference Dates:

2:00 to 4:00 pm

*October 17, 2010;
December 5, 2010;
January 9, 2011;
February 6, 2011;
March 6, 2011
April 10, 2011
and May 22, 2011.*

Sending Off Retreat:

2:00 to 5:00 pm

Sunday, June 26, 2011

***Individual spiritual direction will begin the week of August 22, 2010 prior to the September Orientation as part of the preparation to enter into the Spiritual Exercises.

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