



The Spiritual Exercises of St. Ignatius Experienced in Everyday Life

*St. Joseph at La Providencia Center-Bldg. 4
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Every day men and women are called to deepen their relationship with God. How often have you asked yourself the following questions:

- *What does it mean to deepen your relationship with God?*
- *In what ways are you being challenged or invited to risk what you know for something beyond your wildest dreams?*
- *When was the last time you shared your desires to know God with someone?*
- *Does your curiosity move you to seeking a path that will open up a way to God?*
- *“My way of praying doesn’t seem to move me anymore.”*

Does this ring a bell? If it does and you are already on the spiritual journey, then perhaps the Spiritual Exercises of St. Ignatius – The Retreat in Everyday Life is for you.

What are the Spiritual Exercises? The Spiritual Exercises are a structured way of praying with the Sacred Scripture. It is also called the Retreat in Everyday Life because it is a way of integrating your daily life with your prayer. Observing the action of God in all the circumstances of your life is an amazing experience.

The pray-er or retreatant makes a commitment to pray for an hour each day on a specific scripture passage, keeps a journal of the encounter with God (what happens in your prayer) and meets with an experienced spiritual director once a week, for thirty weeks. This sounds like a long time but when you are engaged in your prayer, life takes on a new perspective.

We are offering this very unique experience to those whose hearts are open to experience God in a deeper, more personal way. If you would like to explore this possibility for yourself, please fill out the attached form and return it.



*Inquiry Form for
The Spiritual Exercises of
St. Ignatius
Experienced in Everyday Life*

You will receive further information upon receipt of your inquiry.

Please return this inquiry form to the attention of Josephine Daspro, CSJ at

St. Joseph at La Providencia Center-Bldg. 4

1725 Brentwood Rd.

Brentwood, NY 11717

Thank you.

Name: _____

Address: _____

Phone Numbers where you can be reached:

Home: _____

Cell: _____

Email: _____

I am interested in receiving further information about the Spiritual Exercises of St. Ignatius (The Retreat in Everyday Life) because: