

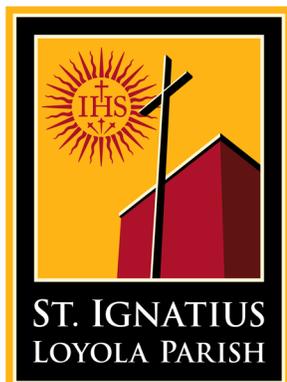
CENTER FOR IGNATIAN SPIRITUALITY



**2019-2020
APPLICATIONS
CURRENTLY BEING
ACCEPTED**

For more information,
visit [stignatiussac.org/
center-for-ignatian-
spirituality.html](http://stignatiussac.org/center-for-ignatian-spirituality.html) or
contact Mr. Michael
Cheney, Director, at
(916) 482-9666 or
mcheney@stignatiussac.org

St. Ignatius Loyola Parish
3235 Arden Way
Sacramento, CA 95825
(916) 482-9666
www.stignatiussac.org



The Center for Ignatian Spirituality provides opportunities for experiencing, learning about, and training in the Spiritual Exercises of St. Ignatius of Loyola (1491-1556). Participation in all programs except the Prayer Practicum of the Center require an application, interview and acceptance process.

IN 2019-2020 THE CENTER FOR IGNATIAN SPIRITUALITY WILL OFFER THE FOLLOWING PROGRAMS FOR THOSE INTERESTED:

GIVING THE EXERCISES. Two-year training in understanding and giving the Spiritual Exercises, especially as exemplified in the 8-month 19th Annotation version of the Spiritual Exercises of St. Ignatius of Loyola. Courses run from September to May. *Register by August 15th, 2019.*

SEEL – the Spiritual Exercises in Every Day Life. Experience of the 19th Annotation version of the Spiritual Exercises involves meeting weekly with a spiritual director and daily prayer. The program runs from September 2019-May 2020. *Apply by June 2019.*

SPIRITUAL FORMATION PROGRAM FOR THE DEACONS AND SPOUSES OF THE SACRAMENTO DIOCESE. Four-hour, once a month introduction to Ignatian spirituality, part of the four-year formation program offered to candidates for the permanent diaconate program of the Diocese of Sacramento.

THE 30-DAY EXERCISES. A silent directed retreat is offered only during the summer in association with the Jesuit Retreat Center of Los Altos.

SPIRITUAL DIRECTION. Individual once a month spiritual direction by directors trained in Ignatian Spirituality is offered based on the availability of directors.

PRAYER PRACTICUM. A weekly group experience of 30 minutes of personal prayer, followed by the opportunity to ask confidential questions about spiritual struggles and concerns. The practicum is open to anyone; having much, little or no personal experience with prayer. No application or fee is required. Meets Tuesdays either at 9am or 7pm.

**A sliding payment scale is available for programs based on ability to pay and discussion between the person and the Center's Director. Visit our St. Ignatius Parish website for more information at www.stignatiussac.org/center-for-ignatian-spirituality.html*

THE SPIRITUAL EXERCISES

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people deepen their relationship with God. For centuries the Exercises were most commonly given as a “long retreat” of about 30 days in solitude and silence. In recent years, there has been a renewed emphasis on the Spiritual Exercises as a program for laypeople. The most common way of going through the Exercises now is a “retreat in daily life,” which involves a months long program of daily prayer and meetings with a spiritual director. The Exercises have also been adapted in many other ways to meet the needs of modern people.

www.ignatianspirituality.com/ignatian-voices/st-ignatius-loyola

