



Introduction to the Spiritual Exercises of St Ignatius of Loyola in Daily Life



The phrase 'spiritual exercises' takes in all the formal ways we have of making contact with God, such as meditation, contemplation, vocal prayer, devotions, examination of conscience and so on... What we call spiritual exercises are good for increasing openness to the movement of the Holy Spirit, ... and for strengthening and supporting us in the effort to respond ever more faithfully to the love of God.
[SE1]

2017

Rous Mill
17th November

Brisbane
25th November

The Spiritual Exercises have been described as a “journey of transformation and conversion.” More than a book of rote prayers or lockstep exercises, Ignatius’s little book of exercises was designed to help people get in touch with their experiences of God, become more and more sensitive to them, and to continue to work within them.

This one-day retreat will provide both input and prayer on each of the stages of the Spiritual Exercises. It is offered for those considering making the exercises, and is a valuable opportunity to “taste and see” before making the decision to undertake the journey.

BRISBANE DETAILS AND BOOKING

Where: St Francis Theological College, 233 Milton Road, Milton – The Annex
When: 9.30 – 3.30
Bring: Lunch to share. Morning tea and coffee provided
Cost: \$35.00
Bookings (Essential) [www. www.trybooking.com/253769](http://www.trybooking.com/253769)
Retreat Directors: Dale Keenan and Robyn Fitzgerald

ROUS MILL DETAILS AND BOOKING

Where: Rous Mill Hall, Rous Mill Near Alstonville, Northern NSW
When: 9.30 – 3.30
Bring: Lunch to share. Morning tea and coffee provided
Cost: \$35.00
Bookings (Essential): [www. www.trybooking.com/253771](http://www.trybooking.com/253771)
Retreat Directors: Dale Keenan and Robyn Fitzgerald

RETREAT DIRECTORS



Dale Keenan BEd, MASD, Dip TAE (Training and Assessment), Certificate in Spiritual Direction (SCRD Syd), Grad Cert Supervision, Arrupe Graduate

Dale is currently the Director of the St Francis Spiritual Direction Formation Program, an initiative of the Ministry Education Commission of the Anglican Diocese of Southern Queensland - located at St Francis Theological College, Milton, Brisbane. She holds a Master's qualification in Spiritual Direction from the Melbourne University of Divinity, and an undergraduate qualification in Education. Her post graduate qualifications include a Graduate Certificate in Supervision of Spiritual Directors, Diploma in Training and Assessment and the Arrupe Program for Givers of the Spiritual Exercises of St Ignatius. In 2014, she completed a six week Immersion Program for Givers of the Spiritual Exercises in Manresa Spain, and in 2015, co-led an Ignatian Pilgrimage to Spain, France and Italy. She is a member of ANSD (the Australian Network of Spiritual Directors), SDI (Spiritual Directors International) and the Companions in the Ministry of Ignatian Spiritual Exercises. She is also the Director of Soul Song Journeys: a place to nurture the soul with refreshment, enlightenment and peace. <http://soulsonjourneys.com.au/>

Robyn Fitzgerald, B.Ed, LLB (Hons), PhD, Certificate in Spiritual Direction (MEC Brisbane), Arrupe Graduate

Robyn is a spiritual director and an accredited Giver of the Ignatian Spiritual Exercises in full time private practice in northern NSW. She is married to Mike and they have three adult children. She is currently completing her Masters degree in Spiritual Direction at Melbourne University of Divinity. Prior to working in spiritual direction she worked as a teacher and lawyer in family law research, with a specific interest in exploring conversation in family law settings. In 2015 she co-led an Ignatian pilgrimage with Dale Keenan to Spain, France and Italy. She is a member of ANSD (the Australian Network of Spiritual Directors), SDI (Spiritual Directors International) and the Companions in the Ministry of Ignatian Spiritual Exercises. She is also a committee member of Companions, and a board member of Heartfelt House, a not-for-profit organisation supporting adult survivors of childhood sexual abuse. Robyn is the Director of Conversations of the Heart, established to offer spiritual companionship inspired by the ancient contemplative practices of Ignatian and Benedictine spirituality.

<http://www.conversationsoftheheart.com.au>



*Soul Song Journeys and Conversations of
the Heart*

