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# The Spiritual Exercises of St Ignatius in Daily Life

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*a 35 week retreat in daily life*

## The Program

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- 35 week retreat in daily life
- One hour personal daily prayer using set prayer materials downloaded from Soul Song Journeys website
- Weekly individual spiritual direction

## The Graces

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- Friendship with Jesus
- Making discerning choices in Christ
- to know, love and follow Jesus more closely and more authentically

## Prayer Materials

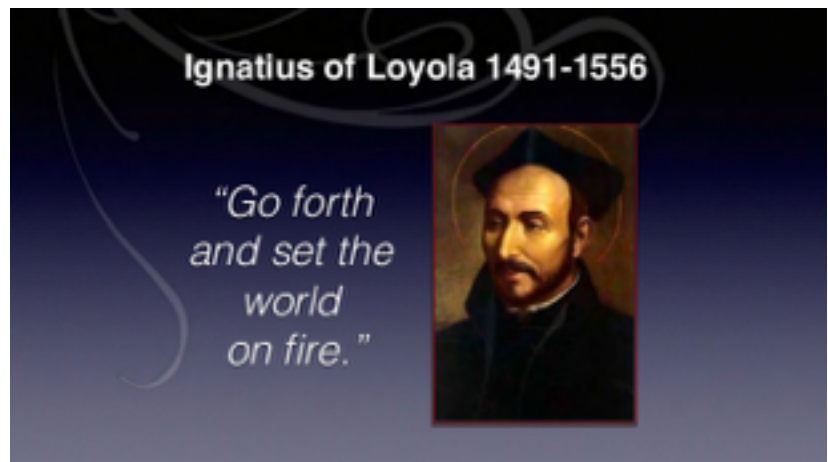
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Prayer materials for the entire retreat are available online at [www.soulsongjourneys.com.au](http://www.soulsongjourneys.com.au)

## The Cost

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- Suggested donation is \$50 per 1 hour spiritual direction session for 35 weeks.
- This is negotiable
- Payments can be made on line



## What are the Spiritual Exercises?

St Ignatius developed a way of personal spiritual growth based on his experience that God deals directly with us. He wrote down his spiritual practices in a book called The Spiritual Exercises which are given all over the world.

The Spiritual Exercises foster inner freedom through awakening to a loving and intimate relationship with Jesus and awareness of God's presence in all of our daily life. As such they provide a new foundation for how we relate to Jesus within the context of our daily life. The Spiritual Exercises have been variously named a school for prayer a school for discernment and a school for loving action. In practice they are all these and more.

You are invited to experience the treasure of Ignition spirituality for yourself in this 35 week journey of prayer.





## How to Apply

- download an application package at  
**Soul Song Journeys**  
[www.soulsongjourneys.com.au](http://www.soulsongjourneys.com.au)

## Contact Details

M: 0419 802 887  
E: [dukeenan@bigpond.net.au](mailto:dukeenan@bigpond.net.au)  
W: [www.soulsongjourneys.com.au](http://www.soulsongjourneys.com.au)



## Retreat Director

**Dale Keenan** BEd, MASD, Grad Cert in Supervision, Arrupe Grad

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 council member of the AECSD (Australian Ecumenical Council for Spiritual Direction) a member of the 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://soulsongjourneys.com.au/>

# The Weeks of the Spiritual Exercises

## Preparation

The journey begins with a time of preparation, during which you will pray and reflect on God's unconditional love for you as encountered in your life history and beyond. 6 weeks.

## Purification

During this time of purification you will pray and reflection on the reality of sin and disconnection in our world. You will consider cosmic, social and personal sin and disorder and encounter the wonder and mercy of God in all things. 5 weeks

## Illumination

A time of Illumination on the life of Yeshua. This is the longest time of the journey. You will journey with Yeshua from the Incarnation to Palm Sunday, praying that you come to know, love and follow Him for authentically. 14 weeks

## Confirmation in Suffering

This five weeks of prayer begins with the Last Supper walking with Him as a friend to the crucifixion and burial. You will wait with Mary and the others in Holy Darkness as he descends into Hell. 5 weeks

## Confirmation in Joy

A time of rejoicing. Praying with the resurrection, and Yeshua in his joy. As you walked with him in his suffering so too, you will be with Yeshua in his joy. 5 weeks.