Graces of the Retreat

Retreatants are invited to:

- encounter the living God and God’s presence in creation. Their personal life stories and current life circumstances;

- better discern their deepest desires to understand God’s call and presence in their lives and in the world; and

- become Contemplatives in Action: experiencing and grasping more deeply the Ignatian vision of God finding us in all things.

The Spiritual Exercises in Everyday Life

Invites you to encounter God encountering you!

If you are interested, please contact:

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Nothing is more practical than finding God, that is, than falling in a 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 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
What are the Spiritual Exercises?

St. Ignatius of Loyola, founder of the Jesuit order, developed his Spiritual Exercises so that people could retreat for 30 days of prayer and silence to grow in their relationship with God and learn to listen for the voice of the Spirit in their lives. Eventually he also adapted the Exercises for people who could not, for various reasons, go away for 30 days. This adaptation, called the 19th Annotation, is the basis of the Spiritual Exercises in Everyday Life retreat, referred to as SEEL, and it invites people to go through the Exercises with the guidance of a spiritual director over a period of nine months.

Who will benefit from the Spiritual Exercises?

- Those who desire to grow in their relationship with God.
- Those who have important decisions to make about their life.
- Those who have a desire to live life at a deeper level.
- Those who want to discern the next step in their life.
- Those who seek to understand the path their lives have taken.
- Those who are in transition.
- Those in leadership positions.

Participants

Those who make The Spiritual Exercises are diverse in age, gender, ethnicity and faith tradition. An application process helps determine one’s readiness for this experience. We ask for a faith autobiography, for it is the first exercise of the retreat, the first entering in to the experience of the retreat.

What are the requirements?

This retreat is ideally suited for those who have an established discipline of personal prayer, have had the experience of sharing their experience with another, and who are committed to deepening their faith. Our spiritual directors work with those who desire to grow in these areas. Participants are expected to commit to an hour of prayer each day, meet with a spiritual director approximately three times a month, and meet with other participants on the last Friday of each month in the Social Lounge of the University Church.

[Jeremiah 29:12-13]

When you call on me, I will listen. When you look for me, you will find me.