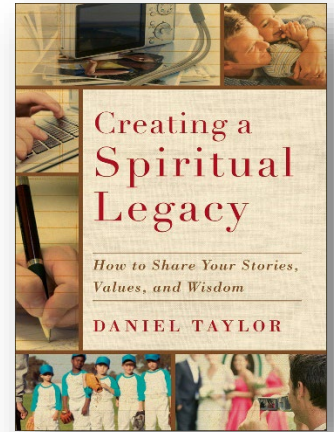


THE SPIRITUAL EXERCISES MONTH NINE: FOCUS ON LEGACY OVERVIEW

IGNATIAN SPIRITUALITY encourages older adults to recognize that their legacy is constantly evolving. It encourages a conscious, intentional shaping of one's final years to reflect a life of loving service and closeness to God.



THE SPIRITUAL EXERCISES offer a transformative approach to aging, focusing on finding God in all things, gratitude, and letting go of inordinate attachments. It frames aging not as a decline, but a grace-filled time to review life, embrace wisdom, and shape one's spiritual legacy.

A special practice that can a creative, ongoing, dynamic relationship with **The Exercises** is a **LIVING SPIRITUAL WILL**. Inspired by a medieval Hebrew Tradition from Spain, the **VIDUI** is a remarkable complement to Ignatian Spirituality. It offers a structure for engaging in life review and creating a thoughtful legacy that benefits our own spiritual growth as well as persons we most care for.

In this spirit we propose the following areas of focus for your Exercises throughout the five weeks of Month 9. Our intention is to invite everyone to share some aspect of their Spiritual Living Will at the closing celebration webinar.

WEEK ONE: MAY 10-15 (VIDUI: MEANING)

WEEK TWO: MAY 17-22 (VIDUI: FORGIVENESS)

WEEK THREE: MAY 24-29 (VIDUI: RELATEDNESS)

WEEK FOUR: MAY 31-JUNE 5 (VIDUI: HOPE)

WEEK FIVE: JUNE 7-12 (VIDUI: LEGACY)

CLOSING CELEBRATION WEBINAR: SATURDAY, 13 JUNE