

DO'S & DON'T'S FOR YOUR SPIRITUAL EXERCISES

DO'S

Here are the essential practices and recommendations for the most valuable experience with The Spiritual Exercises track...

- 1) Become acquainted with the special **Spiritual Exercises Website**. All of the components and resources for your daily, weekly and monthly practices are available there. You will be given a special PASSWORD for this site. If you encounter any IT difficulties, please email Joe Richter: joe@sacredartofliving.org or call him @ 541 633 5442 or leave him a voice message for help.
- 2) On the **GENERAL RESOURCES** tab of the website, document **R5 (Overall Grid for Assignments)** is a good place to track the many options for THE EXERCISES on a day by day and week by week basis.
- 3) While it is not required, it may be useful to print a hard copy of a few resources on The Exercises website (such as the Overall Grid document). Also, under the **DAILY EXERCISES** tab, it could be especially useful to print the daily pages and create a journal following each day's recommendations as a way of keeping track of your experiences over many months.
- 4) The most important aspect of The Exercises is your **intention and consistency**. Daily Practices have been laid out in such a way to slowly introduce the various parts at a pace that may work best for you.
- 5) Each week there are **recommended videos, audios and readings**. None of these resources requires much time but accessing them throughout your week can support the overall themes of your practices.
- 6) You will be assigned one or two **spiritual companions** with whom you are expected to meet once a week for no more than an hour. Logistics for this assignment will be explained during the opening webinar. This is a time of mutual sharing and prayerful support.
- 7) The **Monthly Teaching Webinars** are an indispensable aspect of this track. They will not be recorded so please make your attendance a priority. The schedule for the entire year can be found on the **GENERAL RESOURCES** tab of the website.
- 8) At the end of each week (Fridays) you are asked to create a **word-processed summary of your experiences** using two reflection questions. This will provide a way to track your experiences and provide perspective on the subtle areas of growth and discernment throughout the year. The content of your reflections can also be a point of sharing with your spiritual companions at weekly meetings.
- 9) At the end of each month (fourth Fridays of each month) you are asked to create a simple, one page **Reflection Paper** consisting of your four end of the week reflections and a summary of the month's experience. This paper will be emailed to our track logistics manager, Maryhelen Zabas: maryhelen@sacredartofliving.org. She does not read your reflections but forwards them to your track supervisor who will offer a reply to your experiences and questions. If you wish to request a one-on-one meeting with your supervisor, that is always an option.
- 10) We will strongly recommend a couple of book titles for this track. A few selections from these titles are found on the website but these could be a valuable resource to you for the future.

DONT'S

As you engage with the recommended exercises for this track please keep these important guidelines in mind...

- 1) There are several recommendations made for different days, weeks and months of our year-long experience with The Exercises. **You are not expected to complete every suggestion.** This retreat is ultimately **YOUR EXPERIENCE.** A variety of recommendations are offered in order to support and complement your experience.
- 2) During this track, you will be learning about the Ignatian principle to strive towards the **MAGIS** (the greater good) not the MAGIS as in 'more is better.' Whichever exercises you choose to engage with, look towards a quality vs. quantity experience.
- 3) Don't allow the many offerings to undermine your overall intentions for The Exercises. Pay attention to where you are being drawn and trust your preferences. If you become stuck, reach out to your track supervisor or spiritual companions for support.
- 4) Whenever possible do not skip a morning and evening time to reflect on the daily themes. As the weeks and months go by, find a daily rhythm that works for you and stay with the exercises that are most life-giving.
- 5) Don't skip setting a morning intention. In this way, the noonday pause can be a valuable way to stay connected to the energy of The Exercises in the particulars of your daily life.
- 6) Do not easily dispense with the recommendation to engage with some form of journaling—especially as part of your end-of-the-day Examen. This will become the most valuable component as you track the ups and downs of discerning life choices.
- 7) Finally, make an intention not to miss your weekly spiritual companion sessions or the monthly track webinars. Make them a priority!