

SPIRITUAL EXERCISES GRID: MONTH FOUR

FINAL MONTH OF MOVEMENT TWO: IMAGINATION, PRAYER & GRATITUDE

WEEK THIRTEEN/MOVEMENT #2 14-20 December	THEME DISCERNING SPIRITS	ENNEAGRAM WISDOM	FOCUS OF THE WEEK
<p>WEEK'S ASSIGNMENTS</p> <p>Videos V17 Fruits of Discernment</p> <p>Audios A7 Holding the Tension</p> <p>Readings R1 Do's & Don'ts of Discernment</p>	<p>DAILY EXERCISES</p> <p>Sunday 14 Dec/Day One <i>Annunciation</i></p> <p>Monday 15 Dec/Day Two <i>Nativity</i></p> <p>Tuesday 16 Dec/Day Three <i>Shepherds</i></p> <p>Wednesday 17 Dec/Day Four <i>Magi & The Star</i></p> <p>Thursday 18 Dec/Day Five <i>Flight into Egypt</i></p> <p>Friday 19 Dec/Day Six <i>Presentation in the Temples</i></p> <p>Saturday 20 Dec/Day Seven <i>End of the Week Harvesting</i></p>	<p>ENNEAGRAM INSIGHT</p> <p>Enneagram Tool: E6 Traps & Holy Ideas</p> <p>Study the Heart Space Type insights for E2-3-4</p>	<p>PRACTICES</p> <p>Intention Expanded Colloquy with the Nativity Story</p> <p>Personal Focus Translating ancient stories into our experiences</p> <p>Companion Practice Bringing The Exercises into our closest relationships?</p> <p>End of the Week Journal Questions* -How/has your experience of the Nativity stories expanded your personal awareness? -Reflect on your experiences of COLLOQUY?</p>
WEEK FOURTEEN/MOVEMENT #2 21-27 December	THEME A WEEK OF GIFTS	ENNEAGRAM WISDOM	FOCUS OF THE WEEK
<p>This week coincides with the Christmas & Hanukah holidays It is our second scheduled 'week off' from the usual exercises and a chance to reflect on the gifts of this time of the year</p> <p>Videos: Fiontulach on Winter Solstice</p>	<p>DAILY EXERCISES 21-27 December</p>	<p>As you are involved in social gatherings, notice how your Enneatype shows up when interacting with others</p>	<p>PRACTICES</p> <p>Intention Noticing how a 'week off' can still be influenced by The Exercises</p> <p>Personal Focus Savoring the season's consolations</p> <p>Companion Practice Bringing The Exercises into family relationships</p>
WEEK FIFTEEN/MOVEMENT #2 28 December 3 January	THEME: DECISION MAKING	ENNEAGRAM WISDOM	FOCUS OF THE WEEK
<p>WEEK'S ASSIGNMENTS</p> <p>Videos V20 An Ignatian Meditation</p> <p>Audios A7a Creative Non Action</p> <p>Readings R2 Centering Practices</p>	<p>DAILY EXERCISES</p> <p>Sunday 28 December/Day One <i>Discernment Rule #7</i></p> <p>Monday 29 December/Day Two <i>Discernment Rule #8</i></p> <p>Tuesday 30 December/Day Three <i>Discernment Rule #9</i></p> <p>Wednesday 31 December/Day Four <i>Discernment Rule #0</i></p> <p>Thursday 1 January/Day Five <i>Discernment Rule #11</i></p> <p>Friday 2 January/Day Six <i>Discernment Rule #12</i></p> <p>Saturday 3 January/Day Seven <i>Discernment Rule #13</i></p>	<p>ENNEAGRAM INSIGHT</p> <p>Enneagram Tool: E6 Traps & Holy Ideas</p> <p>Study the Head Space Type insights for E5-6-7</p>	<p>PRACTICES</p> <p>Intention Exploring more of the Ignatian Rules of Discernment 'in slow motion'</p> <p>Personal Focus Noticing how the Rules for Discernment speak to the particular issues arising for decision making</p> <p>Companion Practice Notice to reflect back the Rules of Discernment to fellow companions</p> <p>End of the Week Journal Questions* -How are the Rules of Discernment shedding insight on present and prospective life decisions? -Reflect on which of the Rules of Discernment are most relevant to my current life circumstances.</p>

WEEK SIXTEEN/MOVEMENT #2 4-10 January	THEME: RULES FOR DISCERNMENT	ENNEAGRAM WISDOM	FOCUS OF THE WEEK
<p>WEEK'S ASSIGNMENTS</p> <p>Videos V7 Communal Discernment</p> <p>Audios A 10 An Undivided Life/Parker Palmer</p> <p>Readings R19 God was in this Place</p>	<p>DAILY EXERCISES</p> <p>Sunday 4 January/Day One <i>Be Still</i></p> <p>Monday 5 January/Day Two <i>Request</i></p> <p>Tuesday 6 January/Day Three <i>Relish</i></p> <p>Wednesday 7 January/Day Four <i>Review</i></p> <p>Thursday 8 January/Day Five <i>Repent</i></p> <p>Friday 9 January/Day Six <i>Resolve</i></p>	<p>ENNEAGRAM INSIGHT</p> <p>Enneagram Tool: E6 Traps & Holy Ideas</p> <p>Study the GUT Space Type insights for E9-9-1</p>	<p>PRACTICES</p> <p>Intention Reflecting on the Second Movement of The Exercises</p> <p>Personal Focus Loing ahead to a hew year and new movement with The Exercises</p> <p>Companion Practice Supporting my companions with the issues they will be facing in the new year</p> <p>End of the Month Journal Questions* -Journal about and summarize your weekly journal entries over the holiday month -Reflect on any issues that are on the horizon of the year ahead that are calling for discernment.</p>
<p>IMPORTANT DEADLINE Reflection Papers: 9 January</p>			<p>MONTH 5 WEBINAR 10 January 8:30am – 11:00 Pacific Time</p>