

IMPORTANT NOTE ABOUT YOUR WEEKLY SPIRITUAL EXERCISES

As you consider and engage with the recommended weekly exercises for this retreat please keep a few important guidelines in mind...

- 1) There are several recommendations made for each week of the 9 month Retreat experience. **You are not expected to complete every suggestion.** This retreat is YOUR EXPERIENCE. Recommendations are just that—offerings that can support and complement your retreat 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 practice, look towards quality vs. quantity experience.
- 3) You can work with the options daily or weekly; for example, regarding different texts that you might want to consider for your contemplative time. Pay attention to where/if you are drawn and trust your preferences.
- 4) The overall goal should be to find a space of time in the morning and evening (DAILY) to reflect on the daily themes and wisdom being offered. Find a daily rhythm that works for you and stay with the exercises that are most life-giving for you.
- 5) The noonday pause can be a simple way to stay connected to the energy of the retreat in the course of daily life.
- 6) Above all, please do not dispense with the recommendation to engage with some form of daily journaling. This will be an essential component for your ongoing spiritual discernment.
- 7) Finally, please make the weekly webinars and meetings with your spiritual guides a priority.