

SPIRITUAL EXERCISES GRID: MONTH THREE
OVERARCHING THEME: IMAGINATION, PRAYER & GRATITUDE

WEEK NINE/MOVEMENT #2 9-15 November	THEME Imagination in Prayer	ENNEAGRAM FOCUS Praying through our Types	
<p style="text-align: center;">WEEK’S ASSIGNMENTS</p> <p>Videos V20 An Ignatian Meditation</p> <p>Audios A 8 Brene Brown/Richard Rohr, part 1</p> <p>Readings R 15 Breath Meditations</p>	<p style="text-align: center;">DAILY EXERCISES</p> <p>Sunday 9 Nov/Day One <i>Morning Reflection</i></p> <p>Monday 10 Nov/Day Two <i>Midday Examen</i></p> <p>Tuesday 11 Nov/Day Three <i>Enneagram Wisdom</i></p> <p>Wednesday 12 Nov/Day Four <i>Devotional Readings</i></p> <p>Thursday 13 Nov/Day Five <i>End of the Day Examen</i></p> <p>Friday 14 Nov/Day Six <i>Rhythm of The Exercises</i></p> <p>Saturday 15 Nov/Day Seven <i>End of the Week Harvesting</i></p>	<p style="text-align: center;">ENNEAGRAM WISDOM</p> <p>Style Focus Type Nine: The Peacemaker</p> <p>Enneagram Tools E 9 Spiritual Companions Manual/Spiritual Focus for Your Type</p> <p>Optional Readings Beginner: E11, Rohr/Ebert, Type Nine: pp -178-195 Advanced: E12 Maitri: chapter 2, pp 42-65</p>	<p style="text-align: center;">FOCUS OF THE WEEK</p> <p>Intention Focus on the practice of Colloquy</p> <p>Personal Focus How can your experience of Imagination and Prayer impact daily living?</p> <p>Companion Practice How can your experience of Colloquy include others?</p> <p>End of the Week Journal Questions* -How/has your experience of “PRAYING ALL-WAYS” been enhanced by The Exercises? -Reflect on your experiences of COLLOQUY?</p>
WEEK TEN/MOVEMENT #2 16-22 November	THEME: Prayer for the World		
<p style="text-align: center;">WEEK’S ASSIGNMENTS</p> <p>Videos V 13 Gratitude, Imagination & Service</p> <p>Audios A 9 Brene Brown/Richard Rohr, part 2</p> <p>Readings R 7 Asking Sacred Questions</p>	<p style="text-align: center;">DAILY EXERCISES</p> <p>Sunday 16 Nov/Day One <i>Morning Reflection</i></p> <p>Monday 17 Nov/Day Two <i>Mid Day Examen</i></p> <p>Tuesday 18 Nov/Day Three <i>Enneagram Wisdom</i></p> <p>Wednesday 19 Nov/Day Four <i>Devotional Readings</i></p> <p>Thursday 20 Nov/Day Five <i>End of the Day Examen</i></p> <p>Friday 21 Nov/Day Six <i>Rhythm of The Exercises</i></p> <p>Saturday 22 Nov/Day Seven <i>End of the Week Harvesting</i></p>	<p style="text-align: center;">ENNEAGRAM WISDOM</p> <p>Style Focus Enneagram and Prayer: How does my Type influence how I pray?</p> <p>Enneagram Tools E 9 Spiritual Companions Manual/Reflect on your Enneagram Qualities to Pray Through for your Type: Heart: #2,3, & 4 on pp 7-9 Head: #5,6,7 on pp. 14-17 Gut: #8,9,&1 on pp.23-25</p>	<p style="text-align: center;">FOCUS OF THE WEEK</p> <p>Intention Extending prayerful awareness to the world</p> <p>Personal Focus Become attuned to how your Ignatian perspective is influencing your attitudes towards others’ suffering</p> <p>Companion Practice Notice how Asking Sacred Questions impacts your relationships</p> <p>End of the Week Journal Questions* -How are The Exercises supporting your daily spiritual awareness? -Reflect on how Colloquy can connect us to the needs of the world.</p>
WEEK ELEVEN/MOVEMENT #2 23-29 November	THEME: A WEEK OF THANKSGIVING		
<p style="text-align: center;">WEEK’S ASSIGNMENTS</p> <p>This is a scheduled Ignatian ‘week off’ from assigned practices. A time to savor what has been learned and notice where The Exercises may have created spiritual habits for the future.</p>	<p style="text-align: center;">DAILY EXERCISES</p> <p>Note list of special Gratitude Practices for your consideration</p>	<p style="text-align: center;">ENNEAGRAM WISDOM</p> <p>If you are involved in a family gathering, notice how your Enneatype shows up when interacting with others</p>	<p style="text-align: center;">FOCUS OF THE WEEK</p> <p>Intention Noticing gratitude in big and small ways</p> <p>Personal Focus Savor relationships with family & friends</p> <p>End of the Week Journal Questions* Notice how The Exercises may have continued to influence your life during a week ‘off’.</p>
WEEK TWELVE/MOVEMENT #2 30 Nov – 6 December	THEME: Spiritual Geographying		
<p style="text-align: center;">WEEK’S ASSIGNMENTS</p> <p>Videos V 13 Gratitude, Imagination & Service</p> <p>Audios A 10 An Undivided Life/Parker Palmer</p> <p>Readings R 12 Examples of Sacred Questions</p>	<p style="text-align: center;">DAILY EXERCISES</p> <p>Sunday Nov 30/Day One <i>Be Still</i></p> <p>Monday 1 Dec/Day Two <i>Request</i></p> <p>Tuesday 2 Dec/Day Three <i>Relish</i></p> <p>Wednesday 3 Dec/Day Four <i>Review</i></p> <p>Thursday 4 Dec/Day Five <i>Repent</i></p> <p>Friday 5 Nov/Day Six <i>Resolve</i></p>	<p style="text-align: center;">ENNEAGRAM WISDOM</p> <p>Style Focus Enneagram and Gratitude</p> <p>Enneagram Tools E 9 Spiritual Companions Manual/Reflect on tension between both your Enneagram Qualities to Bring Greater Awareness to (sinfulness) and Qualities to Pray through:</p> <p>Optional Readings E 4 Enneagram of Lies - Where might you block Imagination?</p>	<p style="text-align: center;">FOCUS OF THE WEEK</p> <p>Intention Noticing grace in small daily experiences</p> <p>Personal Focus Daily Spiritual Geography Examen</p> <p>Companion Practice Noticing how our being with others may be impacted by The Exercises</p> <p>End of the Week Journal Questions* -Journal about your experience/s with Spiritual Geography-ing -Reflect on how your daily Highs and Low may be correlated</p>

<p>IMPORTANT DEADLINE Reflection Papers: 12 December</p>			<p>MONTH 4 WEBINAR 13 December 8:30am – 11:00 Pacific Time</p>
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