

St. Ignatius Retreat in Daily Life (English or Spanish) Six 90-minute meetings via Voice Conference or Face-to-Face



Introduction:

The Spiritual Exercises of St. Ignatius of Loyola is a program of meditations, prayers, considerations, and contemplative practices that help Catholic faith become more fully alive in the everyday life of contemporary people. It is set out in a brief manual or handbook: sparse, taciturn, and practical. It presents a formulation of Ignatius' spirituality in a series of prayer exercises, thought experiments, and examinations of consciousness—designed to help a retreatant (usually with the aid of a spiritual director) to experience a deeper conversion into life with God in Christ, to allow our personal stories to be interpreted by being subsumed in a Story of God.

Format:

We will meet for 90 minutes every week for six weeks. We will use the book *Moment By Moment* by Carol Ann Smith, SHCJ and Eugene F. Merz, SJ. The retreat will be totally conducted face-to-face or through voice-conference. Logistics will be provided in the Welcome Letter after sign in.

Week #1 Our Relationship with God, p. 15-30

Week #2 God's Mercy, p. 31-42

Week #3 God's Call, p. 43-55

Week #4 My Response to God, p. 56-70

Week #5 Love, p. 71-84

Week #6 Spread the Word, p. 85-98

Dates:

Organize your own group and have the retreat face-to-face in your parish or voice conference at a convenient time for you. Let us know when would be a good time to meet and we will coordinate with our spiritual directors. This program is also available in Spanish.

Investment:

The cost of the program is \$99 with a 25% discount for Spiritual Directors International Members, and students. The cost includes the book. Group discounts will be available if a minimum of 10 participants are guaranteed. Additional dates and times will be added per group's request.

For more information contact Sandra V. Padilla at sypadilla@lifeinmotioninstitute.com or (954)734-2805.

Group Discount Special:
Organize your own group with at least 8 people
and pay \$75 per person for the 6 sessions and the book.

Spiritual Directors:

Mayra C. Hall, MLS, MA, LMT

Mayra offers spiritual direction, massage therapy, and Reiki in South Miami. She also teaches in various spiritual direction programs. Mayra is passionate about gentle but profound healing practices, as well as, working with individuals who seek deeper meaning in their experiences and purpose in their life. Mayra is available to offer the retreat in English or Spanish, face to face in South Miami, FL or via conference call.



Carol Ludwig

Carol brings twenty year's experience as a Spiritual Director to her work at the Center for Spiritual Care, which she co-founded with Maureen Schlitt in October 2000. She trained at the Shalem Institute for Spiritual Formation (Ecumenical) in Washington, D.C., the Washington Theological Union (Roman Catholic), and Mercy Center in Burlingame, California. Carol is available to offer the retreat in English face to face in Vero Beach, FL or via conference call.

Susan O'Neill

Susan has been Spiritual Director for the last 5 years. She completed her certificate at St. Thomas University. She is very active in her parish in Miami Lakes where she coordinates different women's group. Susan is available to offer the retreat in English or Spanish, face to face in Miami Lakes, FL or via conference call.



Sandra V. Padilla

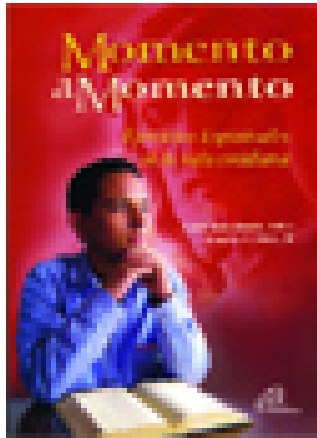
Sandra is the Executive Director & CEO of the Life In Motion Institute, LLC. She is also a PhD Student in Practical Theology at St. Thomas University. In addition she completed a Master degree in Pastoral Ministry and a Certificate on Spiritual Companionship at St. Thomas University. Sandra completed her Certificate in Spiritual Direction Supervision at San Pedro Center, Orlando, FL. Sandra is available to offer the retreat in English or Spanish, face to face in South Florida or via conference call.

Maureen Schlitt

Maureen is an Associate Partner, Co-founder and Co-director of the Center for Spiritual Care, Vero Beach, FL; Teaching Staff, Audire Spiritual Direction Formation Program, Winter Park, FL. Maureen is available to offer the retreat in English face to face in Vero Beach, FL or via conference call.



Retiro de San Ignacio en la Vida Diaria Basado en el libro “Momento a Momento”



Momento a Momento
por Carol Ann Smith, SHCJ and Eugene F. Merz, SJ.
Traducción por Hernan Alzate, cmj
ISBN-10: 9586694232

Itinerario:

1era Semana	Nuestra Relación con Dios	p. 17-32
2nda Semana	La Misericordia de Dios	p. 33- 46
3ra Semana	La Llamada de Dios	p. 47-64
4ta Semana	Mi Respuesta	p. 65-84
5ta Semana	Amor	p. 85-100
6ta Semana	Compartiendo La Palabra	p. 101-115

Para más información comuníquese con Sandra V. Padilla: svpadilla@lifeinmotioninstitute.com o (954)734-2805.