

MEET YOU WHERE YOU ARE

on your spiritual journey



St. Ignatius Loyola suggested many ways to grow in relationship with God. His intention was that each of us would find a way of praying that was in harmony with where we are on our spiritual journey. We invite you to consider participating in one or more of the following prayer opportunities, as a way to begin praying in an Ignatian fashion or to nourish your existing spiritual discipline. The *Spiritual Exercises*, Retreats in Daily Life and Evenings of Prayer will be offered through Holy Trinity's Ignatian Spirituality Program and facilitated by the Retreat Team. For additional information, please see the parish website www.trinity.org or contact Martina O'Shea at 202-337-2840 x 107 or moshea@holyltrinitydc.org

SEPTEMBER 28, 2009

IGNATIAN INFORMATION NIGHT

Learn about the retreats that will be offered throughout the year.

OCTOBER 13, 2009

AUTUMN EVENING OF PRAYER

Two guided meditations based on Scripture with time for quiet.

OCTOBER, 2009

BEGIN 9-MONTH JOURNEY WITH THE SPIRITUAL EXERCISES

For individuals who have experienced an Ignatian way of praying.

OCTOBER 18-OCTOBER 24, 2009

PHASE I - RETREAT IN DAILY LIFE

An individually, directed, Scripture-based, week long retreat for individuals who are new to an Ignatian way of praying.

DECEMBER 1, 2009

ADVENT EVENING OF PRAYER

Two guided meditations based on Scripture with quiet time before Christmas.

DECEMBER 6-12, 2009

PHASE II - RETREAT IN DAILY LIFE

An individually, directed, week long retreat based on Advent Scripture passages.

JANUARY 20, 2010

WINTER EVENING OF PRAYER

Two guided meditations based on Scripture passages taken from Jesus' public ministry.

JANUARY 24-30, 2010

PHASE I - RETREAT IN DAILY LIFE

An individually, directed, Scripture-based, week long retreat for individuals who are new to an Ignatian way of praying.

FEBRUARY 14- MARCH 27, 2010

PHASE III - RETREAT IN DAILY LIFE

A retreat for those who have made the 9-month Exercises or another Ignatian retreat.

MARCH 3, 2010

LENTEN EVENING OF PRAYER

Two Scripture-based guided meditations taken from the Passion of Our Lord.

APRIL 21, 2010

EASTER EVENING OF PRAYER

Two guided meditations based on Scripture with time for quiet.

JUNE 8, 2010

SUMMER EVENING OF PRAYER

Two guided meditations based on Scripture passages taken from Jesus' public ministry.

