

Ignatian Exercises

- Go deep in the love of Jesus
- Fall deeper in love with Jesus
- Encounter Jesus through scripture
- Meet Jesus in holy imagination

Consider
doing the
Ignatian
Exercises
this year

The Ignatian Exercises led by Dale Gish: Sept 2020-May 2021

You are invited to do the Ignatian Exercises with me this year, beginning in early September.

Ignatius Loyola, the founder of the Jesuits, developed the Spiritual Exercises, one of the enduring treasures of Christian faith and devotion. This series of prayer exercises was written in the 16th century, but it has continued to bear spiritual fruit across the centuries.

I am excited to provide the opportunity to do the exercises this coming year and will be offering it online via video conference due to COVID-19. With the help of talks by Bill Zuelke of Soul Formation, I will be directing people through the retreat and I invite you to consider joining me.

The retreat will include nine, half-day retreat experiences over nine months, with video teachings by Bill Zuelke. The day and time for the half-day retreats will be determined based on what works best for those participating, but the weeks they will take place are listed below. Retreat days may happen on Monday, Tuesday, or Thursday afternoons or evenings, or Wednesday afternoon. You must be able to attend all nine sessions in order to participate.

Also included are nine one-on-one spiritual direction sessions with me, spaced out in between the half-day retreats. This is a high commitment undertaking, requiring five hours of prayer each week with the material provided.

Typical Schedule of a half-day retreat (all times Pacific):

An Evening Together		OR	Afternoon Together	
6:00	Arrive/Prayer		1:00	Arrive/Prayer
6:15	Presentation		1:15	Presentation
7:30	Group time		2:30	Group time
9:15	Closing		4:15	Closing
9:30	Leave		4:30	Leave

Interested? Questions? Contact me. dalemgish@gmail.com or (415) 608-4604

Retreat Location – Mission District of San Francisco (or video conference)

Half-Day Retreat Agenda:

- ❖ Welcome and opening prayer
- ❖ Teaching
- ❖ Sharing of the fruit of your retreat
- ❖ Logistical issues/questions, difficulties, questions
- ❖ Points for prayer for the time between now and the next session
- ❖ Closing prayer

Dates of Retreats:

Weeks of Sept 28, Oct 12
Week of Nov 2, 30
Weeks of December 14
Week of January 18
Week of Feb 22nd
Week of April 5
Week of May 10

Topics:

God's Love, Ignatian Prayer
Sin, Call of the King,
Jesus as Person
Jesus' Ministry
Passion
Resurrection, Fully Given to God
Closing celebration

Testimonies:

"I cannot recommend the Ignatian Exercises enough. The months of doing the Ignatian Exercises with Dale and my cohort were some of the most rich and growth filled months of my life. The Exercises as Dale leads them are an unforced rhythm of grace, a patient habit that bears fruit over time, a discipline of devotion. I highly recommend this experience to anyone who is even slightly considering it."

~ Emily Moss

"I did not realize until I began the Ignatian Retreat what a stern, finger-pointing view of God I had. As I participated in the retreat and prayer exercises, I gradually came to know and love more and more our loving, compassionate, patient God - to know Jesus as friend. What began as something I felt the burden of making time for, became something I didn't want to miss out on and began to seep into more and more parts of my day and life - being with Jesus and experiencing His love and grace."

~ Michelle Yamamoto

"Praying through the Spiritual Exercises over these last 9 months helped me to start a spiritual journey from my head to my heart. I had no idea how out of shape my imagination muscles were or how they could help me experience a more personal interaction with Jesus. In the face of questions, frustrations and doubt, sometimes presence is simply enough. And many times that is one thing the Exercises gave me: a very visceral sense of Jesus' presence."

~ Lee Kuiper

Cost:

The retreat costs \$1,200 (sliding scale) which includes nine half-day retreats and nine individual direction sessions. I ask for a \$300.00 deposit to hold your place, and I am open to a payment plan for the balance.

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