

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 2022-May 2023

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 or in person. 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, 2.5 hour group sessions over nine months, and video teachings by Bill Zuelke. The day and time for the group sessions will be determined based on what works best for those participating, but the weeks they will take place are listed below. Group sessions may happen on Monday-Wed, mornings, afternoons, or evenings. 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 group sessions. Please note that the prayers themselves are a high commitment undertaking, requiring at least five hours of prayer each week with the material provided.

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

<u>A Morning Together</u>		<u>An Afternoon Together</u>		<u>An Evening Together</u>	
9:00 Arrive/Prayer		1:00 Arrive/Prayer		6:30 Arrive/Prayer	
9:15 Group sharing		1:15 Group sharing		6:45 Group sharing	
10:15 Teaching/discussion		2:15 Teaching/discussion		7:45 Teaching/discussion	
11:15 Closing		3:15 Closing		8:45 Closing	
11:30 End		3:30 End		9:00 End	

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

Retreat Location – Video conference or Mission District of San Francisco

Group Session Agenda:

- ❖ Welcome and opening prayer
- ❖ Sharing the fruit of your prayers
- ❖ Teaching and discussion
- ❖ 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 26, Oct 10
Week of Nov 7,
Weeks of December 5,19
Week of January 16
Week of Feb 27
Week of April 10
Week of May 15

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 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 \$1,250 (sliding scale) which includes nine group sessions 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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