**What:**  **Prayer Practicum:** **Spiritual Exercises of Ignatius Loyola**

Where: Trinity Cathedral

When: February 28 – May 16, 2018

 Wednesdays

 5:30 pm – 7:00 pm

 Classroom A

Orientation: Sunday, February 25, after the 10:30 Eucharistic Service, in Bishop Lewis Chapel, thirty minutes

Cost: $90 .00, some scholarships available

 Checks payable to Trinity Episcopal Cathedral

Facilitator: The Rev. Dr. Julius M. Rogina, Ph.D.

 Priest and Clinical Psychologist

Spiritual Exercises of Ignatius Loyola is practicum in Christian prayer. More specifically, it is personal and group experience of Ignatian practices in Christian prayer and self-awareness. The movements of the Exercises will be presented to you, inviting you at each step to become comfortable with the presence of God in your life. You will learn to listen to the workings of God’s Spirit in your daily life events. You will learn to practice active attentiveness to God’s love and generosity. You will be guided to discover for yourself the all-encompassing importance of Jesus of Nazareth and the Christ of our Christian worship. From the beginning to the end of the journey through the Spiritual Exercises you will engage in the daily practice of self-awareness, compassion, and gratitude.

One of the gifts of the Spiritual Exercises is the gift of learning the skills of discernment. We Christians don’t just decide things. We discern them in the light of our personal and communal faith experiences. We will gradually learn to trust our desires because, as Ignatius suggests, God dwells in the desires of a good person. It is God who enflames the heart with noble desires and with attraction toward a life of “greater divine praise and service.” Ignatius will teach us that we need to tap into the deepest desires of our hearts, always trusting that it is God who has placed them there.

The Spiritual Exercises are one among many practical tools that are available to us in our rich and varied Christian Spirituality traditions. All these practical tools have, at least, one thing in common, which is to allow God to mature us, emotionally and spiritually and make us suitable instruments of the Reign of God in our midst.

In order to prepare ourselves for the experience of the Spiritual Exercises you are asked to contact one or more persons who went through the experience before. They have agreed and are willing to spend some time with you and answer your questions.

If you decide to embark on this journey of prayer, you are asked to spend at least fifteen minutes in prayer daily throughout the weeks of the Exercises. **You are asked to commit yourself to the entire experience, the twelve weeks.**

To enrich the process, you will engage in Spiritual Companionship with a trusted person. Some of you might desire to engage in more formal Spiritual Direction, with a person who is trained in this discipline.

The role of the facilitator like myself is threefold: to set the pace for your journey of prayer, to assist you in discovering your unique relationship with God, and to assist you in discerning and making life giving choices.

This is not a formal class on Ignatian Spirituality. There will be no lectures and exams to take. It is a practicum in prayer life – your prayer life as a person and as a member of a community of believers.

Each participant will receive Fr. Julius’s manuscript entitled **Pilgrimage to Discipleship** at the beginning of the practicum. Each participant is expected to buy Chris Webb’s book, which can be purchased on Amazon.com. He is a gifted writer and a priest in the Church of England. The book by Jacqueline Bergan and Marie Schwann, CSJ is highly recommended.

 Webb, Chris (2017). ***God Soaked Life***. Downers Grove: Inter Varsity Press

Rogina, Julius M. (2017). **Pilgrimage to Discipleship: A Guide to Spiritual Exercises of Ignatius Loyola.**Reno: Trinity Cathedral Manuscript.

 Bergan, J. and Schwan, M. (2015). **Praying with Ignatius of Loyola**. Chicago: Loyola Press

For more information or questions, please e-mail Fr. Julius jmrogina@sbcglobal.net