

## ONLINE IGNATIAN RETREAT INFORMATION

### During this retreat you will experience:

- The Importance of Desires in Ignatian Spirituality
- Experience the Ignatian Prayer Method
- Individual Spiritual Direction Session to explore and discern the interior movements of God working within you.

We look forward to accompanying you on this retreat. This will be a time to refresh, renew, and deepen your relationship with God. **If you are new to the Ignatian prayer method, instruction will be given at the beginning of the retreat.** Your Director will suggest scripture passages for prayer and reflection that are chosen specifically for you.

**Silence** - Observing silence while on this retreat will be important. Since this is an Online Retreat, we ask that you reflect on what is the best way for you to enter into the silence of these retreat days as well as making space for your daily prayer.

**Spiritual Direction Sessions** - You will meet individually with your Spiritual Director daily and your Director will send you Zoom Links for your individual Spiritual Direction sessions.

A set of "Reflective Questions" will be emailed to you prior to the retreat. You may use these questions for your own reflection as you prepare to enter the retreat.

Please make sure to enter the **Individual Spiritual Direction Zoom Sessions** promptly so we can begin on time.

### We suggest for this retreat experience:

1. Praying daily 3 prayer periods
2. A 15-minute Prayer Review after each prayer period
3. Journaling the movements of your prayer periods which helps direct the conversation when you meet for Spiritual Direction