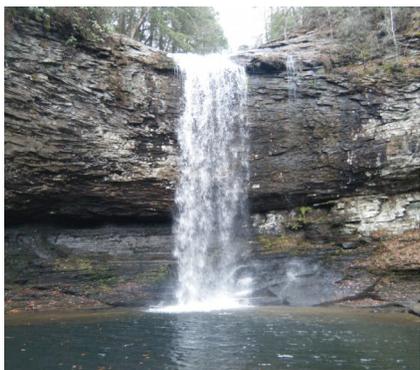


## What did individuals say about their retreat experience last year?

*"It was my first retreat. It was the most profound experience I had in my whole life. It was a gift of God. I found him and discovered that he'd found me long ago. That was my need and my hope."*

*"I really enjoyed meeting with my spiritual advisor each day... I felt it made my prayer time more focused and reflections more productive – knowing that I could share my experience and talk about it. I leaned so much in a short space of time."*



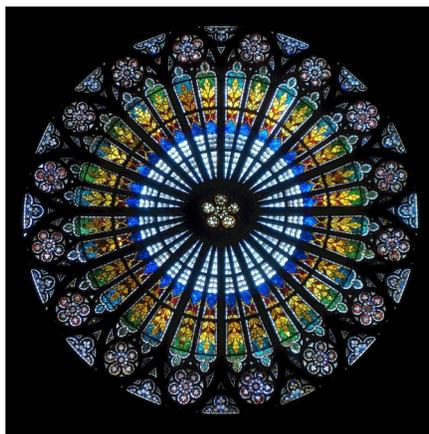
*"This was an incredibly helpful retreat for me. The experience of doing a retreat "in daily living" showed me that I can devote time to pray—reflect—listen in my hectic world. My needs and hopes were definitely met."*

*"The opening of the retreat in the Chapel with two Jesuits and so many Spiritual Guides was a beautiful beginning. I can't speak for others, but it does seem like it helped ease the fears of some."*

## Teach Me To Listen

Teach me to listen, O God,  
to those nearest me,  
my family, my friends, my co-workers.  
Help me to be aware that  
no matter what words I hear,  
the message is,  
"Accept the person I am. Listen to me."  
Teach me to listen, my caring God.  
To those far from me -  
the whisper of the hopeless,  
the plea of the forgotten,  
the cry of the anguished.  
Teach me to listen, O God my Mother,  
to myself.  
Help me to be less afraid  
to trust the voice inside -  
in the deepest part of me.  
Teach me to listen, Holy Spirit,  
for your voice -  
in busyness and in boredom,  
in certainty and in doubt,  
in noise and in silence.  
Teach me to listen, O God. Amen.

*John Veltri, SJ*



## God's Abiding Love

An Ignatian Retreat in Daily Life  
at  
**St. Matthew's Cathedral**

*Sponsored by Holy Trinity*  
February 2-8 , 2020



**An individually directed retreat, made at home, for individuals who want to be introduced to praying in the tradition of St. Ignatius Loyola, that is, engaging the intellect, feelings, and imagination.**



**Ignatian Spirituality & Prayer Ministry**  
**Holy Trinity Catholic Church**  
The Jesuit Parish in the Nation's Capital

3513 N Street, NW  
Washington, DC 20007

202-903-2810  
[www.trinity.org](http://www.trinity.org)

Have you wanted to make a retreat, but were unable to leave family and work responsibilities?

Do you want to develop a practice of daily prayer?

If you answered 'yes' to either of these questions, you may find the Ignatian Retreat in Daily Life helpful.



### How to prepare to make this retreat

As you ponder whether to make the retreat, we encourage you to look at your calendar and consider where, Monday through Friday, you will carve out 30 minutes each day to pray and 30 minutes each day to meet with a spiritual director.

We also want to accept the reality of living and working in the Washington metro area. Please factor in time to travel, find a parking space, and walk to where you will meet your spiritual guide.

All our spiritual directors are volunteers and will reserve this week of retreat for you. We ask you to be faithful to your time commitment of praying and meeting with your spiritual director Monday through Friday.

Retreatants who have made this retreat have found the opening and closing sessions integral to the experience. The opening session is **Sunday, February 2nd from 3:00 - 5:00 PM** at Holy Trinity and the closing session is **Saturday, February 8th from 8:30 - 10:30 AM** at Holy Trinity.

## GOD'S ABIDING LOVE AT ST. MATTHEW'S CATHEDRAL

February 2-8 , 2020

An Ignatian Retreat in Daily Life Registration  
or, register online at [trinity.org/ignatian-spirituality/retreats](http://trinity.org/ignatian-spirituality/retreats)

**Deadline is Sunday, January 19, 2020**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_

Today's Date: \_\_\_\_\_ Best way to communicate with you: \_\_\_ email \_\_\_ phone \_\_\_ text

Our trained spiritual guides are available for one-half hour conversations Monday through Friday from 11:30-1:30PM at St. Matthew's Cathedral. Please check all the times that are convenient for you to meet.

Time of day: 11:30am \_\_\_\_\_ 12:10pm \_\_\_\_\_ 12:50pm \_\_\_\_\_ 1:30pm \_\_\_\_\_

Which parish or congregation do you consider yourself to be a member? \_\_\_\_\_

How did you hear about the retreat? \_\_\_\_\_

*If you are being paid for work outside the home, we ask that you consider donating one hour's wage for the time you spend with your spiritual director. If you are able to contribute more, we are grateful to you. If you are unable to financially contribute, we ask for your prayers. This way of proceeding will help to make the program available for years to come.*

Please return this registration form to:  
Ignatian Retreat Team, attn: Martina O'Shea, 3513 N Street, NW Washington, D.C., 20007  
fax to 202-337-9048 or email to [moshea@trinity.org](mailto:moshea@trinity.org)

or, register online at [trinity.org/ignatian-spirituality/retreats](http://trinity.org/ignatian-spirituality/retreats)

**Deadline is Sunday, January 19, 2020**