



# Curious about the SPIRITUAL EXERCISES & Ignatian Prayer?

Loyola University's Office of Mission Integration is happy to offer the Baltimore community the opportunity to pray the Spiritual Exercises of St. Ignatius Loyola beginning this Fall.

Our approach will be one that Ignatius himself proposed for busy people – a way to make a prayerful and potentially transformative retreat in *everyday life*. Over the course of nine months of daily prayer with Scripture, journaling and regular conversation with a guide, one can experience the same graced movements and discoveries that a privileged few get to make in 30 days of secluded silence.

This long retreat is undeniably a commitment of time and resolve – one that may or may not be right for everyone or perhaps not right at this time. Fortunately Ignatius offers many other practical tools for spiritual growth that we can all enjoy. Loyola University will offer these as well – including weekend Ignatian retreats, 4-week Advent and Lenten retreats, evenings of prayer, spiritual reading groups and lectures.

If you'd like to learn more about the Spiritual Exercises and Ignatian spirituality – and how YOU might experience them, please join us:

**Wednesday September 4**

**7-8:30 p.m**

**Loyola University**

**Alumni Memorial Chapel**

*For more information, contact:* [LUMspiritualexercises@gmail.com](mailto:LUMspiritualexercises@gmail.com)