



THE 19th ANNOTATION OF THE SPIRITUAL EXERCISES OF ST. IGNATIUS

St. Ignatius of Loyola experienced a wondrous conversion in his own life and the gift that he gave to the church was the ability to share that conversion with others through his design of the Spiritual Exercises. In praying through the Spiritual Exercises, individuals have grown in their relationship with God.

St. Ignatius gave to his religious congregation and to the broader church two ways of praying through the Spiritual Exercises. One way is called the 30-Day Retreat or the Long Retreat, and the other way of experiencing the Spiritual Exercises is through the 19th Annotation.

In the 19th Annotation, the retreatant experiences the Spiritual Exercises in daily life. The retreatant is given material to pray with daily and meets with a spiritual director weekly. The retreatant participates in group meetings designed to be informational on elements of the spiritual life and be a support to each retreatant through shared experiences.

In offering the 19th Annotation via ZOOM, the Servants of the Holy Heart of Mary provide a fully online retreat experience where the retreatant would meet via ZOOM with a spiritual director weekly and with the whole group every two times a month. The criteria for beginning the 19th Annotation would be those who want to grow in their relationship with God and have already developed a daily prayer life.

The individual praying the 19th Annotation would commit to:

- praying with the Scripture 45 minutes a day
- journaling
- meeting with a spiritual director weekly via ZOOM
- meeting with the group via ZOOM on the 1st and 3rd Tuesdays of the month, 7:00 to 8:00 p.m.

The length of the 19th Annotation can vary, but ordinarily lasts 8 months. The opening group meeting would be September 18th, 2024. The cost would be \$150.00 for the program (can be paid in installments).

