



The Spiritual Exercises of St. Ignatius: 19th Annotated Retreat *An invitation to Meet Christ in Prayer*

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people deepen their relationship with God. The 19th Annotated Retreat is a special form of the Spiritual Exercises of St. Ignatius of Loyola, which permits a person to be directed through the Spiritual Exercises while remaining at home. The retreat is available for Catholic adults in a group setting over the course of twenty-four weeks.

When: Wednesdays 12/1/21 to 5/4/22

Time: 10 am to 12:00 noon

Where: Our Lady Help of Christians, 573 Washington Street, Newton MA

Format hybrid setting: Most sessions via Zoom; In Person sessions at Our Lady Help of Christians

Spiritual Directors: Mary Ann McLaughlin & Deacon Dan Burns

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