

God gave us life because God loves us. Our own response of love allows God's life to flow into us without limit.

All the things in this world are gifts of God, presented to us so that we can know God more easily and make a return of love more readily.

In everyday life we must hold ourselves in balance before all of these created gifts.

**St. Ignatius**  
Principles and Foundation  
Adapted by Michael Weiller, S.J.

#### TIME FOR A DEEP RETREAT?

- For busy folks.
- Who yearn to be free
- Who wish to enrich their life in God

#### PARTICIPANT'S COMMENTS:

*"The exercises were one of the most important things I have done. My life has been transformed through a deep, personal relationship with God—knowing that the spirit of Jesus walks with me at all times."*

Dale Lum

*"During the year of my Ignatian retreat the mystery of the Incarnation was made flesh as Christ was born and re-born within my heart. From the 'yes' of the Annunciation to the long wait in the upper room for the descent of the Holy Spirit, I came to know and love Him."*

Camille Howard

*"Walking with Jesus so intimately during the 30 weeks of the Exercises transformed my life. I experienced the dusty roads, Jesus' joys and His sorrows. He continues to be my constant companion and dearest friend"*

Marylou Taylor



*"The Ignatian Exercises drew me into a deeper understanding and relationship with God. Through the Scripture, quiet prayer, and group sharing, I fell in love with Jesus over and over again. I live now in the mystery of His love for us."*

Barbara Regan

## The Spiritual Exercises of Saint Ignatius

2012-2013

The Spiritual Exercises of St. Ignatius  
is offered at Mercy Center from  
September to May.

## ABOUT THE EXERCISES:

This is not the thirty-day experience most people associate with the Exercises, but rather it is the “long retreat”—a thirty-week experience for those who cannot take a month away from their busy lives.

The length of the retreat allows time for reflection and integration. It will be given in the following format:

- A discernment interview, which will be arranged after receipt of completed application.
- Thirty sessions (one each week) of contemplative prayer, in an atmosphere of natural beauty and peace.
- Nine individual spiritual direction sessions.
- Two group spiritual direction sessions at each weekly meeting.
- Two extended retreat sessions with the appropriate meal.
- A twilight/sunrise retreat with the appropriate meal.

## WHEN:

Sessions take place weekly from September 2012 through May 2013. You may choose either:

*Monday Evening*

7:00 pm to 9:30 pm

or

*Tuesday Morning*

10:00 am to 12:30 pm

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The Exercises begin with a retreat Sunday, September 16, 2012 1:00 pm to 4:30 pm for all participants (both morning and evening sessions).

The regular sessions will begin the week of September 24, 2012.

The closing retreat day is Saturday, May 11, 2013, 9:00 am to 3:00 pm for both groups.

## WHERE:

Mercy Center  
2300 Adeline Drive  
Burlingame, CA 94010

For additional information, call 650-340-7495 or send an e-mail to [csoracco@mercywmw.org](mailto:csoracco@mercywmw.org).

## COST:

\$900 (*includes* \$50 application fee)  
Fee includes discernment interview, all weekly sessions, individual direction, group direction, retreat days, and appropriate meals.

# Spiritual Exercises of St. Ignatius

## APPLICATION/REQUEST FOR INTERVIEW:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

I would prefer to attend: (check only one)

Monday Evenings

Tuesday Mornings

A non-refundable/non-transferable \$50.00 application fee/discernment interview fee is required.

Please make check payable to Mercy Center.

## PLEASE MAIL TO:

Mercy Center  
Attn: Colleen Shannon Soracco  
2300 Adeline Drive  
Burlingame, CA 94010-5540

PHONE: (650) 340-7495

FAX: (650) 340-1299

E-MAIL: [csoracco@mercywmw.org](mailto:csoracco@mercywmw.org)

## Application Deadline:

September 1, 2012



MERCY CENTER  
Conferences, Retreats & Spiritual Programs

2300 Adeline Drive | Burlingame, CA 94010 | 650.340.7474 | 650.340.1299 Fax | [www.mercy-center.org](http://www.mercy-center.org)