



RETREAT READINESS INFORMATION

WHAT IS THE 19TH ANNOTATION RETREAT?

The 19th Annotation Retreat is one adaptation St. Ignatius designed for persons who desire to make the Spiritual Exercises. It is a way to pray through the Spiritual Exercises day-by-day over a period of 30 weeks instead of 30 consecutive days at a Retreat Center. Through contemplation of Jesus in his human life, the Retreatant comes to a deeper relationship with Jesus, and a deeper sense of his/her own life and what God desires. The Spiritual Exercises are privileged moments in the long spiritual friendship and conversation between the Retreatant and God. This retreat is commonly called “The Retreat of Daily Life.”

COMMITMENT

To grow in relationship with Christ and Christ’s mission through

- Weekly meetings with a trained Prayer Guide
- Shared faith with other Retreatants
- Commitment to daily prayer and Scripture
- Journaling the daily prayer experience
- Guidance in discernment and decision-making
- Acceptance of the challenge to become a more faithful follower of Christ

QUALIFICATIONS

A prayerful life with a desire for the discipline of the Spiritual Exercises

- A desire to prayer with Scripture
- Ability to articulate one’s prayer experience to a Prayer Guide
- Recommendation of a spiritual advisor or close friend familiar with the Spiritual Exercises
- Emotional and psychological health
- Ability to meet the time commitment
- Desire to grow in relationship with God

RECOMMENDATION

The nature of this Retreat is such that we ask you to obtain a letter of recommendation (*the form is in the Application Packet*) from a close associate, spiritual advisor or pastoral leader who is familiar with the Spiritual Exercises, who knows you well, and who has a sense of your readiness for this Retreat experience. **Please ask the person submitting your Recommendation to return the form directly to Dorothy Lindsay (address is on the recommendation form).**