



**Loyola Centre of Ignatian Spirituality is a spirituality ministry of the Jesuits,
Australian Province and St Ignatius Parish, Norwood.**

The focus of 'Loyola' is to provide opportunities for people to reflect freely on how God is present in their lives and the world and to create space for an authentic response to that presence. 'Loyola' plays a role in supporting those in our St Ignatius parish community seeking to develop their spirituality in the Ignatian tradition and to reflect on how Ignatius' charism and spirituality impacts on our own lives as contemporary people of faith

Ignatian Spirituality, 'Finding God in All Things' derives its inspiration from the life experiences of Ignatius of Loyola and his Spiritual Exercises - it is spirituality for everyday life. It is a pathway to deeper prayer, good decisions guided by active discernment and a life of service to others.

Ignatian Spirituality is:

- A spirituality of the heart and not just the mind, of generosity and openness
- A spirituality of seeking and being prepared and ready to resist in difficult situations
- A spirituality that is both contemplative and active
- A spirituality that facilitates intimate encounters with God

Ignatian spirituality encourages us to...

- * Find and recognise God in all things and develop a personal relationship with God
- * Live a life of reflection leading to gratitude and a life of service for others
- * Live a life of contemplation in action, one that is both active and prayerful
- * Live life according to the maxim 'For The Greater Glory of God'
- * Translate our faith into working for justice and human dignity
- * Be flexible and adaptable to various cultures: respecting others lived experience
- * Seek the union of minds and hearts - as sisters and brothers, we listen for the God who is present among us, with no division based on ethnicity, nationality, background, age or gender

"Nothing is more practical than finding God, than falling in love in a quite absolute, final way..... Fall in love, stay in love and it will decide everything"

Fr Pedro Arrupe, SJ

Loyola Centre of Ignatian Spirituality

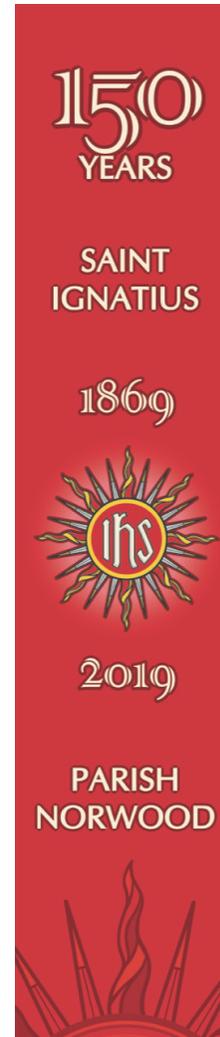
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IGNATIAN SPIRITUALITY PROGRAM ST IGNATIUS PARISH - 2019



We are a Jesuit Parish, guided by the
Spiritual Exercises of St Ignatius,
Loyola, which encourages people to
reflect on their experiences and to
discern God's presence in their lives,
and 'finding God in all things'.

"Whatever you are doing, that which makes you
feel the most alive...that is where God is".

St Ignatius, Loyola

Experience Ignatian Spirituality opportunities available to the St Ignatius Parish Community in 2019

Resting With God

At the end of a busy week, make some quiet personal time to be with God in prayerful reflection.

- * *Every second Saturday of the month in Loyola CIS: 9.30am - 11.30am*
- * *9 Mar, 13 Apr, 11 May, 8 Jun, 13 Jul, 10 Aug, 14 Sept, 12 Oct, 9 Nov, 14 Dec*

First Spiritual Exercises 'Tasters'

The First Spiritual Exercises are made in daily life over 4 weeks. They contain first step exercises for beginners, new visions and solid food for those desiring more in their interior life. Join for a 'taste' of this experience.

- * *Every fourth Saturday of the month in Loyola CIS: 10.00am - 11.30am*
- * *23 Feb, 23 Mar, 27 Apr, 25 May, 22 Jun, 27 Jul, 24 Aug, 28 Sept, 26 Oct, 23 Nov*

Wednesdays at the Well

Taking inspiration from the invitation of Jesus to the woman of Samaria - "If you only knew what God was offering...you would have asked and He would have given you living water" (Jn 4: 10), we offer the opportunity to **Come, rest, be refreshed... receive at this Well whatever God's gift is for you.**

- * *Every third Wednesday of the month in Loyola CIS: 9.30am - 11.30am*
- * *20 Mar, 17 Apr, 15 May, 19 Jun, 17 Jul, 21 Aug, 18 Sept, 16 Oct, 20 Nov, 18 Dec*

Stations of the Cross

Walk the path to Calvary with Jesus, experience His sufferings and reflect on the implications for us in our lives.

- * *Six consecutive Fridays in St Ignatius Church: 11.30am - 12 Noon*
- * *8 March, 15 March, 22 March, 29 March, 5 April, 12 April*

In the Steps of Ignatius: Ignatian Spirituality for Men

Experience the fruits and gifts of Ignatian prayer and contemplation with other men in the Parish.

- * *Every fourth Tuesday of the month in Loyola CIS: 7.00pm - 8.30pm*
- * *26 Mar, 23 Apr, 28 May, 25 Jun, 23 Jul, 27 Aug, 24 Sept, 22 Oct, 26 Nov*

Gospel on Location

Spend a time of quiet meditation, reflection and contemplation of the Gospel reading for the following Sunday.

- * *'Ascension of the Lord' (Location in Norwood to be advised)*
Friday 31 May - 7.30am - 9.00am
- * *'Jesus Healing' (Location in Norwood to be advised)*
Friday 11 October - 7.30am - 9.00am

First Spiritual Exercises Retreat 'Inner Peace in Darkness & Light'

After an opening gathering together, participants pray the First Spiritual Exercises individually at home during the week. In addition, participants meet weekly in small groups, guided by a trained spiritual conversation guide, through the period. The retreat concludes with a closing gathering.

- * *Opening gathering in St Ignatius Church: Sunday 23 June, 7.00pm - 8.30pm*
- * *Closing gathering in St Ignatius Church: Sunday 21 July, 7.00pm - 8.30pm*

Immersion Journey with Ignatius

Without the need to travel to Europe, join in an Immersion 'tasting' experience embracing the life of St Ignatius, Loyola and some of the key elements of Ignatian Spirituality.

- * *Ignatius Journey - The Autobiography: Wednesday 8 May, 7.00pm - 9.00pm*
- * *Spiritual Exercises: Wednesday 12 June, 7.00pm - 9.00pm*
- * *Imaginative Prayer: Wednesday 10 July, 7.00pm - 9.00pm*
- * *Discernment: Wednesday 14 August, 7.00pm - 9.00pm*
- * *The Examen: Wednesday 11 September, 7.00pm - 9.00pm*

The Gift of Hope: An Advent Reflection

As we prepare our hearts for the birth of Jesus, let us enrich our lives by reflecting on our hope for the future, giving thanks for gifts received and given, joy for new life and gratitude for all we experience.

- * *St Ignatius Church: 7.30pm - 8.30pm*
- * *Wednesday 4 December, Wednesday 18 December*

Details of the above will be advertised in the weekly Parish Bulletin throughout the year.

**Any enquiries or indications of attending can be made to:
loyola@cis.jesuit.org.au, Ph 8364 3834, 0411 269 630 (Wayne Brabin)**