

5-Month Prayer Retreat at St Mary on-the-Lake, Bellevue
Based on the Spiritual Exercises of Ignatius of Loyola

What are the Spiritual Exercises?

The Spiritual Exercises are an invitation to renew and deepen our relationship with Jesus Christ through prayer and meditation on Scripture. The Exercises are not intellectual exercises - teaching a set of theological propositions. The Spiritual Exercises are a series of prayerful meditations on Scripture that help us to clarify and deepen our commitment to Jesus Christ.

What is the 5-Month Retreat like?

The 5-month retreat adapts Ignatius 1-month retreat so that it can be integrated into our every day lives. The 5-month retreat provides a way for us to go about our everyday lives, doing what we normally do, but helps us develop the discipline of attending to how God is meeting us and speaking into our present reality.

What does the commitment look like?

1. On the 4th weekend in January we meet Friday night and Saturday (not overnight). Then we meet one Saturday morning for 4 months: Feb-May'10.
2. A commitment to a daily time of prayer. You are provided with guided prayer exercises to aide you in your daily times of meditation and prayer.

Retreat Dates (All Located at St Mary on-the-Lake in Bellevue)

Friday, January 22, 2010, 6:30 p.m. - 8:30 p.m.

Saturday, January 23, 2010, 9:00 a.m. - noon

Saturday, February 20, 2010, 9:00 a.m. - noon

Saturday, March 20, 2010, 9:00 a.m. - noon

Saturday, April 17, 2010, 9:00 a.m. - noon

Saturday, May 15, 2010, 9:00 a.m. - noon

Retreat Cost

Total Cost: \$300.00 (includes retreat materials and food)

Payment Options are Available

(see registration form)

Please register early to reserve your place in the retreat!!

You may register by using the attached 5-Month Retreat form or download the form from our website at renewalminnw.org

Renewal Ministries Northwest
5-Month Ignatian Prayer Retreat at St Mary on-the-Lake
January 2010 - May 2010

Registration Form

Name _____

Address _____

Phone (h) _____ (c) _____

Email _____

Total Cost for the Retreat: \$300.00 (includes food and materials)

___ I am paying in full \$300.00 (includes registration fee)

___ I agree to pay in installments:

___ Enclosed is my non-refundable \$20.00 deposit to reserve my place

___ First Installment of \$140.00 due by Jan. 23, 2010

___ Second Installment of \$140.00 due by Feb. 20, 2010

Send Checks Payable to:

Renewal Ministries Northwest

P.O. Box 458, Mukilteo, WA 98275

Phone: 360-631-6994 Email: renewalministries@verizon.net

Website Address: renewalminnw.org

Special Food Needs _____

Confirmation and directions are sent 2 weeks before the retreat begins