

# Retreat in Daily Life

in the Ignatian Tradition



## About the Retreat

This retreat is based on the final meditation of the Spiritual Exercises of St Ignatius which is called the Contemplation to Attain Love. At its heart this retreat brings you into a lover's relationship with God, where each desires to give and receive from the other. This giving and receiving relationship of love cradles your retreat. It goes to the very heart of who you are. Beginning with your own experience of love, you will contemplate all the gifts you have received from God. This leads into movements of love, gratitude and service.

(Michael Hansen *The First Spiritual Exercises*, 16)



### Prayer

Take, Lord and receive  
all my liberty my  
memory, my  
understanding, and  
my entire will, all that I  
have and possess.  
You have given all to  
me. To you, O Lord, I  
return it. All is yours,  
dispose of it wholly  
according to your will.  
Give me only your  
love and your Grace,  
that is enough for me.



### THE RETREAT

- 21-25 days in daily life
- Daily Prayer Mon-Thur
- Sunday Eucharist/worship
- Prayer handbook provided



### THE PROCESS

- Individual-group experience
- 45 mins daily prayer at home Weekly 1.5h group meeting with sharing



### THE COMMITMENT

- daily personal prayer and journal writing
- 5 weekly group meetings



### THE COST

- Participants pay \$35 for the retreat which includes Prayer Handbook

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## Retreat Map

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Week 1 Remembering Love

Week 2 Dwelling in Love

Week 3 Love at Work

Week 4 Love in Service

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## Retreat Details

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**Dates:** Monday 13,20,27 Aug and 20,17 Sept

**Time:** 7.00 - 9.00 pm

**Place:** Centre for Practical Spirituality, Merthyr Road, NEW FARM

**Cost:** \$35 pp

**Bookings:** Centre for Practical Spirituality 3358 6945

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### Is 43:1-4

I created you, I formed you. Do not fear for I have redeemed you. I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.

For I am the Lord your God, the Holy One of Israel, your Saviour...Because you are precious in my sight, and honoured, and I love you.

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## Retreat Director

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### Dale Keenan

BEd, MASD, Dip TAE (Training & Assessment) Cert in Spiritual Direction (SCRD Syd), Grad Cert Supervision,



Dale is currently the Director of the St Francis Spiritual Direction Formation Program, an initiative of the Ministry Education Commission of the Anglican Diocese of Southern Queensland - located at St Francis Theological College, Milton, Brisbane. She holds a Master's qualification in Spiritual Direction from the Melbourne University of Divinity, and an undergraduate qualification in Education. Her post graduate qualifications include a Graduate Certificate in Supervision of Spiritual Directors, Diploma in Training and Assessment and the Arrupe Program for Givers of the Spiritual Exercises of St Ignatius. In 2014, she completed a six week Immersion Program for Givers of the Spiritual Exercises in Manresa Spain, and in 2015, co-led an Ignatian Pilgrimage to Spain, France and Italy. She is a council member of the AECSD (Australian Ecumenical Council for Spiritual Direction) and a member of ANSD (the Australian Network of Spiritual Directors), SDI (Spiritual Directors International) and the Companions in the Ministry of Ignatian Spiritual Exercises. She is also the Director of *Soul Song Journeys*: a place to nurture the soul with refreshment, enlightenment and peace. <http://soulsongjourneys.com.au/>