



Fall, 2016

Bridges Foundation Fall Programs Are Underway with Others to Follow in the Spring and Summer

There are 28 exercitants enrolled in the Bridges Retreat for 2016-2017. It is being held this year at five different locations:

- St. Charles Borromeo – 4 retreatants
- St. Francis Xavier College Church - 9
- St. Matthew the Apostle – 4
- Good Shepherd Spirituality Center - 4
- Webster Groves Christian Church - 7

The Magis Program has 53 participants enrolled. It began at Webster Groves Christian Church on September 17 and will continue until April. Plans are being made for the Faithsharing Retreat on October 29, the Annual Membership Meeting on February 18, 2017 at Webster Groves Christian Church, the Marketplace Spirituality Retreat on April 7 & 8, the Bridges Sending Celebration on May 17, and the Ignatian Community Retreat in the summer of 2017, for which dates have not yet been determined.

Christian Life Community

Interested in learning more about Christian Life Community?



Christian Life Community

If you've made a Jesuit retreat, completed Bridges or Lightworks but still hunger for spiritual nourishment based on St. Ignatius Loyola's Spiritual Exercises, Christian Life Community (CLC) may be what you are looking for. CLC is a worldwide association of lay Ignatian Christians who are growing their faith through spirituality, service, and community.

You are invited to an informational session at St. Francis Xavier (College) Church after the 8:00 and 10:30 Masses on Sunday, September 25th, Room 14 in the Parish Center, 3628 Lindell Blvd.

If you cannot attend, but want more information contact Ann Padberg at 314-696-9610 or at annpadberg@charter.net.

A Summary of the Bridges Retreat

Editor's Note: Liz Quirin writes for *The Messenger*, which is the Catholic newspaper for the Diocese of Belleville that covers the southern 28 counties of Illinois. In July, 2016 Ms. Quirin attended the Bridges Information Session at Bridges' Good Shepherd site at St. Nicholas Parish in O'Fallon, Illinois. She wrote an article about the Bridges Retreat that appeared in the July 28, 2016 issue of *The Messenger*. It is reproduced here.

Bridges retreat offers way to learn, practice Spiritual Exercises of St. Ignatius of Loyola Story by Liz Quirin Messenger editor

"Be still and know that I am God" (Psalm 46). How many of us can say we set aside a significant amount of time each day to pray? Probably not too many, and the reasons people say they have no time to pray are, well, reasonable, at least to some people. Some might include: not enough hours in the day to finish the work that needs to be done, too many important commitments; and the list continues.

If someone proposed going on a 30-day retreat, the gasps would surely be audible. Who could take that much time away from family, from work, from life?

Actually, if the retreat were broken into smaller periods of time and spread over eight or nine months, far more people would see that as doable. In fact, created as the "Bridges Retreat," people in the St. Louis region have been doing just that -- inviting people to consider committing to a retreat to learn and practice the Spiritual Exercises of St. Ignatius Loyola, founder of the Society of Jesus in 1534.

"The Bridges Foundation offers the Spiritual Exercises each year at various sites throughout the St. Louis metropolitan area," according to information from the foundation.

A Bridges Retreat is being organized in the diocese at St. Nicholas Parish in O'Fallon.

A recent gathering at St. Nicholas brought together people who have completed the retreat and those who are inquiring about a new group forming this fall.

Cindy Mackey, leader, site coordinator and prayer partner invited people to share their experiences at previous retreats and offered information about the upcoming retreat this fall. St. Nicholas has been designated as one of the sites in the area where retreatants will meet.

Some of the comments of those who have already participated in a retreat were: "It touches you; you will never be the same;" it helps me maintain a life of prayer;" and "Ignatian Spirituality encourages me to be free."



Mackey said people are drawn to the program for two reasons: "They want a deeper relationship with God, or they could be discerning something," trying to determine God's plan for them through the exercises.

Theresa Sanders completed the retreat this spring, and said: "I've been searching for years to deepen my relationship with God," and the retreat provided that frame of reference that she needed.

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**Bridges retreat offers way to learn, practice
Spiritual Exercises of St. Ignatius of Loyola**
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One man at the meeting said he wanted to find "more ways to pray; I need to keep growing and learning."

By spreading the time over about nine months, "it becomes a retreat in everyday life."

Retreatants meet for discussions, receive direction and encouragement, establish a connection with someone who will accompany them as a "prayer companion," and offer information that is used for daily prayer.

The retreat will begin in mid-September and meet on Wednesday evenings. Throughout the year, other activities will be added like a faith-sharing day, and two short retreats.



Good Shepherd Spirituality Center
at St. Nicholas Parish, O'Fallon, Illinois

By making the retreat over an extended period of time, participants begin to lengthen the time they spend in contemplative prayer. It just happens.

Sanders said over the course of time she did deepen her relationship with God. "God is my friend, my confidant. It is powerful; now I think about being the person God wants me to become -- you see things differently, feel things differently and see people differently."

Mackey said the retreat offers opportunities to become more contemplative, to be more open to God and to enrich prayer life.

Although the Bridges Foundation has determined the cost of the eight-month retreat to be about \$882, the foundation seeks grants and donations to defray the cost.

People are asked to "pay whatever amount you can afford."

Pope Francis, himself a Jesuit, has brought renewed interest to the retreats because his "own experiences of Spiritual Exercises is reflected in his words, actions and spirituality."

For more information about the retreat, please contact Cindy Mackey at cindy.mackey@sbcglobal.net or call 741-8075.

This is the newsletter of the Bridges Foundation of St. Louis. The newsletter is published quarterly and distributed as a PDF file via email, free to anyone who would like to receive it. Thank you to the contributors to this issue: Cindy Mackey, Ann Padberg, Cheryl Rauschenbach, Frieda Siebel-Spath, Miriam Wesselmann SSND, and Tom Simon.

Quarterly issues are sent late in the months of March, June, September, and December. The deadline for submission of material is on the 15th day of each of those months for inclusion in the issue to be mailed later that month. Look for your next issue around the time that the seasons change.

The deadline for submissions to the next issue of the Bridges Newsletter is December 15, 2016. Please send articles, letters, mailing list additions and deletions, and other correspondence to: Tom Simon, Editor, 1730 Derrynane, Manchester, MO 63021, or by email to tsimon@tsimon.com.