

THE BRIDGES RETREAT

A Retreat in Everyday Life.

COST

Pay what you can. The cost of the program is calculated to be \$880. We depend upon grants and donations to subsidize any of the cost that you may not be able to pay. A payment schedule is often arranged. The cost breaks down to \$100 per month or \$25 per session. The \$25 fee is a customary offering for an experience with a spiritual director. Along with the weekly meeting with your prayer companion, there are regular presentations and the opportunity for group sharing, as well as two weekend retreats and a Sending Dinner.



Since the inception of the Bridges Retreat in St. Louis in 1989, over 1000 people have received the graces of the Spiritual Exercises of St. Ignatius of Loyola. Interest in Ignatian Spirituality and The Spiritual Exercises has increased due in large part to Pope Francis, the first Jesuit Pope. His words, actions and spirituality reflect his experiences with the Spiritual Exercises.



Bridging
Prayer, Spirituality
and Community

The Spiritual Exercises
of Ignatius of Loyola
The 19th Annotation

“

The graces of the retreat include:

*We are **loved***

*We are **gifted***

*We are **forgiven***

*We are **called***

*We are **invited***

*We are **sent**”*

Fr. Gerald W. Fagin, SJ,
Finding Your Dreams,
Loyola Press, 2013, p. 73



“When you look for me, you will find me. Yes, when you seek me with all your heart.”
(Jer. 29:13)

WHAT ARE THE SPIRITUAL EXERCISES?

The Spiritual Exercises are a set of prayers, meditations and reflections developed by St. Ignatius of Loyola, the founder of the Jesuits, to help people deepen their relationship with God. For centuries, the Spiritual Exercises were most often experienced in seclusion over the course of 30 days. People still engage in the Spiritual Exercises through this format.

However, St. Ignatius realized that not everyone could leave the responsibilities of their daily lives to devote themselves to the 30-day format, so he provided an alternative known as the 19th Annotation Retreat. The Bridges Retreat offers this same content in “The Retreat in Everyday Life.” Throughout the retreat you will be given Scripture passages and meditations designed by St. Ignatius. These are intended to form you within God’s creative love. By your gaining in awareness of who you are and how you relate to God, the graces of the retreat help you to define the purpose of your life.

THE BRIDGES RETREAT

The Bridges Foundation offers the Spiritual Exercises each year at various sites throughout the St. Louis area. The Retreat begins in September and ends in May. The meetings are offered on various days of the week and at different times of the day. During the 8-month period, you will commit to pray an hour each day, using the methods and contemplations set forth by St. Ignatius. You will meet weekly with an experienced Prayer Companion, who will journey with you under the

guidance of the Holy Spirit. As you progress through the Ignatian Spiritual Exercises, your responses and needs will be assessed by the Prayer Companion, who will make your Retreat an individualized experience. The Bridges Retreat is enhanced by a community aspect with regular group meetings, including speakers, presenters, and the opportunity for group sharing.

WHAT IS THE NEXT STEP?

To find out more about the Bridges Retreat, please visit the website at www.bridgesfoundation.org. The site includes video testimonials from retreatants who speak to their experiences and the graces they received. The website includes the dates and times of summer Information Sessions. At these sessions you will be able to ask questions about the retreat process. Please feel free to contact Linda Leib at linda.leib@bridgesfoundation.org or phone Linda at **314 313-8283** with comments or questions.

Should you decide to pray the Bridges Retreat, please submit a completed registration form (at right). Registration forms are accepted until August 25th; once the registration form is received, an application will be mailed to you. Once we receive the application, you will be scheduled in September for an interview. This is a discernment process for you and an evaluation of your readiness by the interviewer.

BRIDGES RETREAT REGISTRATION FORM

Return to:

Bridges Foundation
331 N. New Ballas 410275
ST. Louis, MO 63141-9998

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE () _____

CELL PHONE () _____

WORK PHONE () _____

E-MAIL _____

Please enclose the \$25 non-refundable deposit made payable to the Bridges Foundation. This fee will be subtracted from the cost of the Retreat.

PREFERENCE OF RETREAT SITE *(Sites are listed on the insert.)*

DAY OF THE WEEK _____ AM PM *(circle one)*

LOCATION _____

