

# THE BRIDGES RETREAT

A Retreat in Everyday Life.



Bridging  
Prayer, Spirituality  
and Community

The Spiritual Exercises  
of Ignatius of Loyola  
*The 19th Annotation*



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

In actuality, St. Ignatius realized that not everyone could leave the responsibilities of their daily lives to devote themselves to the 30-day retreat, so he provided for an alternative known as the 19th Annotation Retreat. The Bridges Retreat offers his content in “The Retreat in Everyday Life.” The daily prayers are Scripture passages and meditations designed by St. Ignatius. The intention is 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 discern and 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 grow in the ability 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. You and your Prayer Companion will listen for and hear God’s call throughout this process. 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](http://www.bridgesfoundation.org). The site includes video testimonials from retreatants who speak to their experiences and the graces they received. It also includes the dates and times of summer information sessions. We can also be found at [facebook.com/bridgesfoundationstl/](https://www.facebook.com/bridgesfoundationstl/) and [twitter.com/IgnatianSTL](https://twitter.com/IgnatianSTL).

At the Information Sessions you will be able to ask questions and talk with a Prayer Companion and a recent retreatant. Please feel free to contact Linda Leib at [linda.leib@bridgesfoundation.org](mailto:linda.leib@bridgesfoundation.org) or phone Linda at **314-313-8283** with comments or questions.

To pray the Bridges Retreat, please submit a completed registration form (at right) or register online at <http://bridgesfoundation.org/bridges-retreat-registration/>.

Registration forms are accepted until August 25; when the registration form is received, an application will be emailed or sent to you. Once we have your application, you will be scheduled in early September to meet with a Bridges representative. The application and consultation are part of a discernment process for you and a method for us to get to know you—a necessity for the prayerful matching with your Prayer Companion.

## 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 \_\_\_\_\_



“

Our intention is to open ourselves to the experience of the Divine and deepen our insights into who God is, who we are, and who others are.

”

## FINANCIAL CONSIDERATIONS: **PAY WHAT YOU CAN**

The cost of the program is calculated to be \$880. Pray about what you will pledge to pay; a payment plan can be arranged.

Bridges is blessed with abundant grants and donations which are used to subsidize any of the cost that you may not be able to pay. The retreat includes a weekly meeting with your Prayer Companion, regular speakers, the opportunity for group sharing, two weekend retreats and, at the end of the program, a sending dinner.



Since the inception of the Bridges Retreat in St. Louis in 1989, more than 1,000 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.