

“

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**

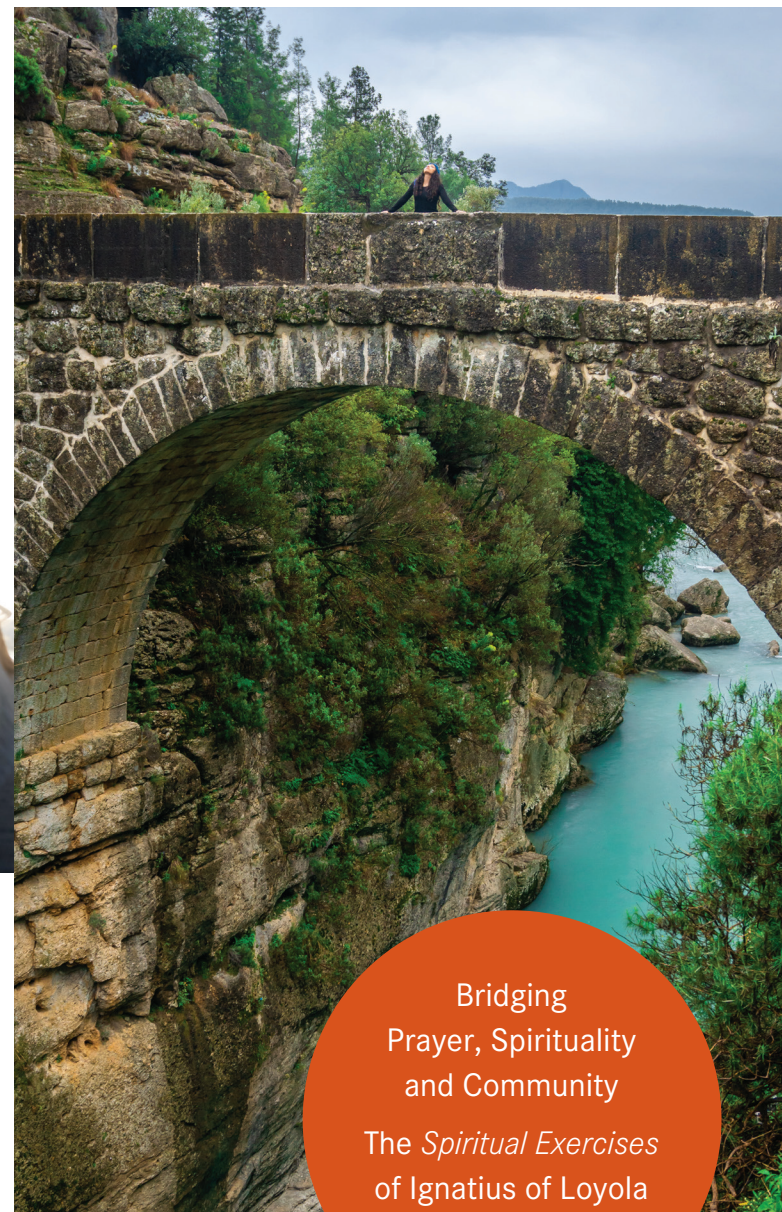
Consider and pray about what you will pledge to pay; a payment plan can be arranged. Bridges is blessed with an abundance of grants and donations that are used to subsidize any of the cost that you may not be able to pay. The cost of the program is calculated to be \$880. This pays for a weekly meeting with your prayer companion; regular group meetings with speakers and the opportunity for sharing; two weekend retreats; and, at the end of the program, a sending celebration and 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*.

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. Participation in the Ignatian *Spiritual Exercises* offers the retreatant the tools to deepen their prayer life and, thus, their relationship with God. Accompanied by a companion schooled in the movements of the *Spiritual Exercises*, retreatants are guided according to their own personal journey. 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 in Everyday Life stretches the four weeks of the 30-day retreat over eight months. It uses the same prayers, meditations and reflections as the 30-day retreat. Each retreatant commits to one period of prayer each day and then meets weekly with a trained, experienced prayer companion who serves, under the guidance of the Holy Spirit, to accompany the retreatant on an individual basis. The retreat is prayed in parallel with the seasonal liturgy of the church.

THE BRIDGES RETREAT

The Bridges Retreat begins in September and ends in May. The Bridges Foundation offers the *Spiritual Exercises* at various sites throughout the St. Louis area. An online site is also available to persons outside the Greater St. Louis area and for local persons comfortable with virtual meeting technology.

The group meetings are offered on various days of the week and at different times of the day. 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 presenters and the opportunity for group sharing.

WHAT IS THE FIRST STEP TO REGISTER?

To find out more about the Bridges Retreat, please visit the website at **www.bridgesfoundation.org**. The site includes much more information, including video testimonials from retreatants. Several information sessions will be offered each summer. At these sessions, you will be able to ask questions and talk with a prayer companion and a recent retreatant. The website includes the dates and times of summer information sessions. Find us at **twitter.com/IgnatianSTL** and **facebook.com/bridgesfoundationstl/**. And you may contact Steve Givens at **executive.director@bridgesfoundation.org** or 314-401-2072.

The first step in the registration process is submitting a completed registration form included in this brochure or registering on line at **<http://bridgesfoundation.org/next-step/>**. Registration forms are accepted until August 25th. Next, completing a **My History** form completes the application. Once we have your registration and history form, you will be scheduled in early September to meet with a Bridges representative at the site you have chosen. The application and consultation are a discernment process for you and a method for us to get to know you—a necessity for prayerfully matching you with your prayer companion.

BRIDGES RETREAT REGISTRATION FORM

Return to:

Steve Givens, Executive Director
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

