

THE BRIDGES RETREAT

A photograph of a wooden arched bridge in a lush garden. The bridge is made of dark wood and has a curved railing. It is surrounded by tall green grasses and yellow flowers. In the background, there are trees and a small waterfall.

For more than 30 years, the Bridges community has been helping others connect and integrate the 500-year-old Spiritual Exercises of St. Ignatius Loyola into their busy lives.

We've seen them:

- draw closer to God and Jesus;
- create a more disciplined prayer life using a variety of prayer styles;
- find spiritual guidance for making big decisions; and
- form a clearer picture of their purpose and future.

What do you need?



WHAT IS THE BRIDGES RETREAT?

At Bridges, we invite retreatants to experience the ancient wisdom of the Spiritual Exercises of St. Ignatius Loyola in a way that will transform their contemporary lives of faith. We're here to be the connection—the bridge—that helps them see and respond to the movements of God. The Bridges retreat takes place over the course of 8 months each year from September through May.



HERE'S WHAT IS INVOLVED:

- The opportunity to have a full experience of the Spiritual Exercises over an 8-month period, as envisioned and created by St. Ignatius, the founder of the Society of Jesus (Jesuits).
- A commitment to about an hour of prayer each day, following a modern translation of the original text.
- Personalized, one-on-one guidance from an experienced, trained prayer companion.
- Weekly or monthly small community meetings at several locations throughout the St. Louis metropolitan area.
- An online option for those outside the area or those who need a virtual experience.

“ In my prayer companion I found a compassionate person who seemed eager for me to get as much as I could out of this way of praying.” –*Marian L.*

Using the wisdom of St. Ignatius and a daily commitment to prayer and scripture, each retreatant is given the opportunity to learn different forms of prayer and discover their own prayer style, while being supported and gently challenged by their prayer companion. Above all, they are drawn into a more intimate relationship with God through scripture and the life, ministry, passion and resurrection of Christ.

MORE THAN A PROGRAM OR A COURSE

The genius of the Spiritual Exercises is that, although there is a common tradition and text, no two people experience it in exactly the same way. Rather, through the guidance of the prayer companion and the work of the Holy Spirit, each person's experience will be uniquely theirs. They receive the graces they need depending upon their personal spiritual needs, their openness to the ongoing wisdom inherent in the Exercises, and their awareness of the work of God within them.

Because of this flexibility, Christians of many different denominations and traditions have found the Bridges experience of the Spiritual Exercises to be life-changing and faith-enriching.

“ I was going through a season of change and wanted insight into discerning in a different way.” –*Michelle S.*

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 *(listed on the website at www.bridgesfoundation.org) Please list more than one option in order of preference:*

LOCATION _____

LOCATION _____

LOCATION _____



“Knowing that other people were making the Exercises simultaneously gave me a sense of stability. I knew I wasn't the only person trying to carve out this time.”—*Patty F.*



“I remembered that I'm God's beloved daughter.”—*Alfreda P.*

I'M INTERESTED...WHAT'S NEXT?



To find out more about the Bridges Retreat, please visit our website: www.bridgesfoundation.org.

The site includes video testimonials, frequently asked questions, online registration and information on summer information sessions, among other resources.

The first step is submitting a completed registration form, which is included in this brochure, or by registering online at <http://bridgesfoundation.org/next-step/>. Registration forms are accepted until late August each year.

After we receive your registration, we will contact you with next steps, which include writing a short spiritual autobiography and meeting with a Bridges representative at the site you have chosen. The application process 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.

For more information or a conversation, contact executive director Steve Givens at executive.director@bridgesfoundation.org or **314-401-2072**.

FINANCIAL CONSIDERATIONS: PAY WHAT YOU CAN

Bridges is blessed with sound financial management practices as well as 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 reception. Once the retreat begins, you will be asked to prayerfully consider how much you can pay.