

FIVE-DAY IGNATIAN RETREAT

*The Spiritual Exercises of St Ignatius conducted by
the Benedictine Fathers of the Abbey of Saint Joseph de Clairval*

The Spiritual Exercises are a programme of guided spiritual recollections and sessions of private contemplation based on the key events and mysteries of the life of Jesus Christ as recorded in the Holy Gospels. They aim to bring retreatants to sincere spiritual conversion through an intimate encounter with Jesus Christ, and to arm them with the disposition and tools required to seek God's will and to follow it. The Ignatian Exercises are a spiritual gift from Our Lady to the Church through St Ignatius – the Soldier of Christ *par excellence* – which have formed generations of priests, religious and lay people in heroic sanctity.

Since 1972, the Benedictine Fathers of Saint Joseph Abbey in France have been conducting Ignatian retreats for men which condense the original 30 day retreat into 5 days, giving all the opportunity to share in the riches of the monks' contemplative life by means of this "...*admirable book of Exercises...which has made its mark as the most wise and most universal code of laws of salvation and of the perfection of souls, as the untarnishable source of the most elevated and solid piety, as an irresistible goad and alert guide for aiding souls to reform themselves and to attain the summits of the spiritual life.*" (Pope Pius XI, *Mens Nostra*, Dec. 20, 1929).

In 2013, the Fathers of Saint Joseph Abbey will be visiting once again Ireland to deliver the Ignatian Exercises, with the endorsement of Bishop Philip Boyce. It is an opportunity to experience the Spiritual Exercises within the context of the Benedictine liturgical tradition so dear to the Holy Father Pope Benedict XVI. The retreat is open to all men aged 18 and above, and caters for all levels of spirituality. Non-Catholics are welcome to attend.

Daily Mass will be conducted according to the Extraordinary Form of the Roman Rite (1962 Missal).

TAKE UP THE CHALLENGE – REFORM YOUR LIFE – SERVE JESUS CHRIST

DATES: From Sunday 14TH to Friday 19TH July 2013 (Men's retreat)

LOCATION: Ards Capuchin Friary in Creeslough, Co. Donegal, Ireland.

COST: 285 €. Nobody should be prevented from making a retreat for financial reasons. Those who are able to contribute more will help us accommodate the less well-to-do.

ENQUIRIES: Br. Basil Mary by email at spiritualexercises@clairval.com

For more information, visit the website of the Abbey St Joseph at www.clairval.com

