

EXPERIENCE THE IGNATIAN SPIRITUAL EXERCISES

On Your Own Schedule!

A Special Summer Program for Adult Parishioners

When: July 21st | 7:00 PM – 8:30 PM **Where:** Community Room







Are you looking to deepen your Catholic spirituality but struggle to find the time for a long retreat? You are not alone!

We invite all adult parishioners to join us for a special two-part summer program designed specifically for busy adults.

This engaging program extracts the core "**prayer tools**" of the Ignatian Spiritual Exercises, helping participants understand what they are and how to practically apply them to their everyday lives.

Over our two evenings together, we will explore powerful prayer tools, including:

-  **Structured Prayer:** Building a foundation for daily conversation with God.
-  **The Daily Examen:** Praying backwards through your day to recognize where God was present.
-  **Praying with the Bible:** Connecting intimately with the Word.
-  **Imaginative Prayer:** Praying the Gospels using your God-given imagination to enter into the life of Christ.

Come take a breath, learn new ways to pray, and grow closer to God. We look forward to seeing you there!

Interested or have questions? Contact Dr. Andy Kereky: 440-570-8028 or akereky@saintraphaelparish.com.