**FIRST SPIRITUAL EXERCISES RETREAT**

**Four** weeks in daily life

**Arranged by Christian Life Community (CLC)**

 **and the Australian Jesuit Tertianship**

**Aim**

The purpose of the First Spiritual Exercises (FSE) retreat is to give people a deeper experience of prayer so that they may come closer to the Lord. The giving of the FSE retreat involves a collaboration between the Tertians (Jesuit priests and brothers in their final year of formation) and the Christian Life Community (CLC). Together we aim:

* To offer the First Spiritual Exercises and Ignatian Spirituality resources to members of the wider Church who live in rural and regional Australia and schools developing an Ignatian Spirituality. It is an opportunity for people to experience the gifts of Ignatian Spirituality through their own life experience and journey, and have both inflamed by the action of the Spirit.
* To give the Jesuit Tertians an experience of giving the First Spiritual Exercises, co-guiding with Christian Life Community members where possible, as well as an experience of the Church community, schools and people of rural and regional Australia.

In this retreat you will learn new methods of prayer, how to keep a Listening Book, receive instruction and experience in Spiritual Conversation, making mini-discernments, sacramental opportunities and the creation of a Program for Life.

This retreat consciously follows the sending out of the seventy-two disciples by Jesus. Giving the FSE is a ministry for those who give or help to enable them. It is intended to leave behind, in a school, parish or community, people who may wish to continue this ministry, in spiritual exercises and conversations, and give them the practical Ignatian resources to do so.

**Number of Retreatants**

The giving of the retreat will be through weekly Spiritual Conversation groups of about 6-8 people. A local spiritual guide is most welcome to team with the Tertian to assist with the groups. Individual spiritual direction or conversation is also offered by the Tertian and any local spiritual guides, and these sessions will only be limited by the times they choose to make available. These can be organised, in consultation with the local co-ordinator, after the Tertian arrives.

**Finance**

* Cost: $35.00 (If you purchase a book.) or
* Free photocopies of daily exercises for four weeks (photocopied by Parish)
* The First Spiritual Exercises are given for free, that the person receiving them may share them freely with others. This is only possible with the hospitality, help with resources, and generosity of the parish, local spiritual guides, CLC and the Australian Jesuit Tertianship.

**Practical Matters** for the Parish Priest or Local Retreat Coordinator.

* **Invitation.** Parish/School Community are asked about their willingness to accept the Retreat.
* **Accommodation and meals.** These need to be arranged for the Tertian.
* **Large retreat room and individual spiritual direction/conversation room.** Both rooms needed for the opening/closing sessions, weekly groups, and individual spiritual direction.
* **Publicity.** To **distribute the Brochures** about 2 months before the retreat.

 To **encourage** people by personal invitation.

 To **give Application Forms** to interested people.

To **advertise in the Church Bulletin during the 4–6 weeks before the retreat**.

 To **collect Application Forms** one week before the retreat.

The brochure, application form and weekly bulletin notices will be forwarded to you for use by your Parish.