

# The Jesuit Retreat Center of Los Altos - El Retiro San Iñigo

Mr/Mrs/etc. \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Last Name \_\_\_\_\_ Title (e.g., M.D.) \_\_\_\_\_

Ethnicity \_\_\_\_\_ Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
month day year

Profession: \_\_\_\_\_

Home Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Work Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Ext. \_\_\_\_\_

Cell Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ E-Mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Past retreat experience(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Spiritual direction experience: \_\_\_\_\_

\_\_\_\_\_

Each person making the Exercises will meet weekly with his or her director at a time and place that is mutually convenient. Fr. Jim Flynn, S.J., will help applicants for the Exercises to discern their readiness and to find a suitable director from among our team of directors.

No fee is charged for making the 19<sup>th</sup> Annotation Retreat. Each person making the Exercises is invited to give a stipend to his or her director, depending on the retreatants' means, and to discern an appropriate stipend in dialogue with his or her director.

For further information or to apply to make a 19<sup>th</sup> Annotation retreat, please contact Father Jim Flynn, S.J., by e-mail at [jflynn@jrclosaltos.org](mailto:jflynn@jrclosaltos.org) or by phone at 650-917-4044, or contact any of the other Jesuits on the *El Retiro* staff.

**The Jesuit Retreat Center of Los Altos, El Retiro San Iñigo**

**300 Manresa Way**

**Los Altos, CA 94022-4659**

**Email: [retreat@jrclosaltos.org](mailto:retreat@jrclosaltos.org)**

**Phone: 650-917-4000**

**Fax: 650-948-0640**

**Website: [www.jrclosaltos.org](http://www.jrclosaltos.org)**



## *The Spiritual Exercises of St. Ignatius Loyola in Daily Life*

*The 19<sup>th</sup> Annotation Retreat*

*Directors of these retreats,  
which are  
experiences of the complete  
Spiritual Exercises of St. Ignatius,  
include Jesuits and lay people,  
partners in this ministry of The Exercises.*



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## MAKE THE *SPIRITUAL EXERCISES* OF ST. IGNATIUS AT HOME

Weekend retreats have given many a taste of the *Spiritual Exercises* of St. Ignatius. Some desire to deepen this experience by committing themselves to the journey of the entire *Exercises*, either in their 30-day format or extended over the course of some months.

This latter kind of retreat is sometimes called “a retreat in daily life” or, in the language of the *Spiritual Exercises* of St. Ignatius, a “19<sup>th</sup> Annotation retreat”. It is a way of making a retreat during the course of ordinary living without having to forego, for a time, one’s commitments to work and family.

St. Ignatius of Loyola went through a conversion of heart during convalescence from a serious battle wound and a subsequent year, blessed with transforming mystical experiences, in seclusion at Manresa in Spain. Through all that time, he recorded the pattern of his prayer, gradually developing a text—the *Spiritual Exercises*—to guide others, enabling them, with the Spirit’s grace, to have similar experiences of God in prayer.



God’s will for him or herself.

The *Exercises* are a pattern of considerations, meditations, exams, contemplations and reflections. Their aim is to free the person who makes them from any attachment that leads away from God, so that the person can then more freely seek and follow

The *Exercises* are divided into four sections: (1) sin and our need of a Savior, (2) the public life of Jesus, (3) the passion of Jesus, and (4) Jesus’ resurrection and continuing life. The “Rules for the Discernment of Spirits” provide a guide for movement through these weeks with understanding of and sensitivity to the individual heart and the action of God’s Spirit.

When the *Exercises* are done completely, the retreatant learns to discern and to follow the voice of God and to separate it from the other voices that demand our attention. St. Ignatius called this being “contemplative in action” or “finding God in all things”. The retreatant discovers an increase in the ability to hear the call of Jesus and in the desire to follow him in all the dimensions of daily life.

The *Spiritual Exercises* can be made in many ways. Only two, both guided individually by a director, are experiences of the entire *Exercises*. One, the closed 30-day retreat, calls for four to five hours of contemplation each day and a daily meeting with the director. The other calls for an hour and a half each day in prayer over a period of several months and a weekly meeting with the director. In either format, the retreatant shares his or her experience in prayer with the director, who then discerns how to guide the retreatant to the next step in the *Exercises*.

This second kind of retreat was designed by St. Ignatius for people who “were busy and occupied with the affairs of daily life” (19<sup>th</sup> Annotation of the *Spiritual Exercises*). Such people, though unable to take a month off for a closed retreat, could give themselves to the *Exercises* each day and were willing to do so generously and faithfully.

Many people who have made this kind of Ignatian retreat, the “19<sup>th</sup> Annotation,” have attested to its powerful influence to give direction to their lives and to help them grow in faith, in knowledge and love of the person of Jesus Christ, and in freedom to follow the Lord’s invitation in and for their lives.

If you are interested in a retreat in daily life, please contact Fr. Jim Flynn, S.J., or any of the Jesuits on our pastoral staff.

The retreatant might discern an appropriate stipend in dialogue with his or her director and in keeping with the retreatant’s means. We are always grateful for donations that help to sustain our ministries.

Blessed Pierre Favre was one of St. Ignatius’s first companions and according to Ignatius understood the *Exercises* the best and was the best director of them, apart from himself.



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“I can hardly find words to tell how fully I realize that my soul and my way of thinking have been changed by those very **Spiritual Exercises**, that my mind has been enlightened by new rays of grace from heaven and that I have been imbued with a certain strength, so much so that in the overflow of the divine blessings into even my body I am completely invigorated and seem to be changed into an entirely new man.” — Pierre Favre, S.J.