



THE JESUIT RETREAT CENTER OF LOS ALTOS 19th Annotation Retreat Program

An opportunity to go through the Spiritual Exercises of St. Ignatius in your everyday life, an experience originally designed for 30 days in solitude, but now often done as people continue their daily routines.

How do you know if the Spiritual Exercises are right for you?

- You have an active prayer life.
- You want to deepen your relationship with God.
- Maybe you have a decision to be made within the next year.
- You have 45 minutes a day to pray.
- You can meet once a week with a retreat director who gives you material for the next week and listens to the insights from your prayer the previous week. This will be approximately one hour a week at a mutually agreed upon time in person and/or via the phone or internet.
- Maybe you are interested in optional once-a-month meetings in person or via the internet for the entire group of retreatants.

Preparation Days: Prior to the Exercises, there will be 5 months of preparation days and spiritual conversation where you pray each day in a similar way to the Exercises and discern if the Exercises would be beneficial for you at this time in your life. This begins in June.

Cost: \$1400 (paid only by those who discern to continue the Exercises past the summer – financial help available).

INFORMATIONAL MEETING

Saturday, June 3, 2023, 9:30 a.m.

Main Office - Jesuit Retreat Center of Los Altos

300 Manresa Way Los Altos, CA 94022

To register for the meeting, for more information or for a Zoom link for the Informational Meeting, contact Fr. John Auther, SJ at jauther@jrclosaltos.org or (650) 917-4077.