Is God calling you to the next step in your journey?

The Spiritual Exercises of Saint Ignatius of Loyola

...in everyday life for busy people!

Bridges and Prayer Companions
September 2017 — May 2018

Contact us for more information or an application form:

Al and Kathy Yarzebinski
211 Indiana Drive
Glenshaw, PA 15116
(412) 486-5826
yarzebinskik@fswp.org

Apply by September 1

The total cost for each program is $300 (includes books and materials).
For new retreatants, a $25 non-refundable fee is required with completed application. Checks should be made out to MAR-CLC.

Payment plan and scholarships available

May it please the supreme and divine Goodness to give us all abundant grace ever to know his most holy will and perfectly to fulfill it.

-St. Ignatius of Loyola

Information Session on August 20
At 1:30 PM
Hosted at St. Pius X School
3040 Pioneer Avenue, Dormont, PA 15226
St. Ignatius of Loyola wrote the *Spiritual Exercises* to assist people in deepening their faith and finding God in all things, through a concentrated experience of 30 days. Ignatius also wrote instructions that showed how the *Spiritual Exercises* could be used in every day life.

**BRIDGES**

Following the 19th Annotation version of the *Spiritual Exercises* of St. Ignatius, this “retreat in the midst of daily life” helps busy people build a bridge to:

**Prayer**
Develop your relationship with Jesus while creating a lifelong habit of personal prayer.

**Spirituality**
Grow in gospel values by learning how to put on the mind and heart of Jesus.

**Community**
Discover your place in the communion of saints and be guided by a prayer companion.

**Mission**
Learn the practice of spiritual discernment that reveals your personal calling.

This 9-month program asks for a steady commitment of time and energy:

**Daily**
Personal prayer in accordance with the Spiritual Exercises. (A total of an hour a day is encouraged.)

**Weekly**
Weekly contact with your Prayer Companion, face-to-face, by phone or email. (Day, time and place is mutually agreed upon by you and your partner.)

**Alternate Sundays**
Instructional and faith-sharing sessions with your fellow retreatants (1:30 – 2:30 p.m.), and an individual meeting with your Prayer Companion (2:30 – 3:15 p.m.) at Mt. St. John's School, Dormont, PA, 15226, on the following dates:

<table>
<thead>
<tr>
<th>Instructional</th>
<th>Faith-Sharing</th>
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<tbody>
<tr>
<td>September 10, 2017</td>
<td>September 24, 2017</td>
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<td>October 8, 2017</td>
<td>October 22, 2017</td>
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<td>November 5, 2017</td>
<td>November 19, 2017</td>
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<td>December 3, 2017</td>
<td>January 7, 2018</td>
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<td>February 4, 2018</td>
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<td>March 18, 2018</td>
<td>April 8, 2018</td>
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<td>April 22, 2018</td>
<td>May 6, 2018</td>
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**Closing Day of Thanksgiving**
May 20, 2018
10 a.m. – 5 p.m. (with Sunday Mass)

*BRIDGES is a ministry of the Christian Life Community*

Take, Lord,
And receive all my liberty.
My memory,
My understanding
And my entire will.
All that I have and possess.
You have given all to me.
To you, Lord, I return it.
All is yours;
Do with it what you will.
Give me only your love
And your grace.
That is enough for me

From the *Spiritual Exercises* of St. Ignatius