

THE RETREAT IN DAILY LIFE (RIDL)
A Ministry of the Office of Worship and Spiritual Life
Archdiocese of Oklahoma City

The Ignatian RIDL is a prayer journey for those who want to live more deeply in relationship with God. Based on the Spiritual Exercises of St. Ignatius of Loyola, the retreat is a time set apart in the midst of everyday life to help participants discern more clearly God's movement in their hearts.

In the tradition of Ignatian spirituality, the retreat focuses on the life, teachings, death and resurrection of Jesus through a prayerful encounter with Scripture. The Ignatian principle of "finding God in all things" lies at the heart of the retreat.

RETREAT FORMAT

During the course of 30 weeks--from late September through April--retreatants live their commitment to God, to themselves and to their fellow participants by following the steps of this prayer journey. Each retreatant commits to these three activities:

- Daily private prayer which includes Scripture, reflection and journaling.
- Weekly small group meetings in which participants share their prayer experiences with each other. Groups are facilitated by a spiritual guide. Individual 19th annotation retreat experiences considered upon request.
- Twice monthly individual spiritual direction.

FEES FOR THE RETREAT:

The fee for the retreat is \$100 per month and a one-time fee of \$60 for materials.

LOCATIONS OF RIDL GROUPS:

Locations available throughout the metro area and the archdiocese. The RIDL is offered also through virtual sites. Call for details on location and times.

No one is turned away from the retreat for lack of funds. A fee schedule based on ability to pay will be agreed upon. Limited scholarships may be available.



THE FIRST STEP

If you are interested in the RIDL, contact one of the facilitators listed below to schedule an initial interview. Interviews will take place July 1st to August 31st. The interview process is an opportunity for you to learn more about the retreat, to discern with a facilitator whether or not you are ready to make the retreat at this time, and to begin prayer practices that prepare a person for the retreat experience.

“May the God of Our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of Him. May He enlighten the eyes of your mind so that you can see what hope His call holds for you, how rich is the glory of the heritage He offers among His holy people, and how extraordinarily great is the power that He has exercised for us believers.” Ephesians 1:17-19

CONTACT PERSONS FOR THE RIDL:

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