

For it is not much knowledge but  
the inner feeling and relish of things  
that fills and satisfies the soul.

Annotation #2  
- The Spiritual  
Exercises



*The Exercises have to do with conversion of  
affectivity, with letting the Spirit enter into our  
affectivity, change it and act through it. Only  
when this is clear, is it possible to understand  
Ignatius' insistence on freedom from 'disordered  
affections' - our affectivity in so far as it moves  
us in directions not 'ordered', or conducive, to  
the transcendent end of the human person.*

Michael Ivens, S.J.,  
Understanding The Spiritual Exercises.

#### Anima Christi

*Soul of Christ, sanctify me  
Body of Christ, save me,  
Blood of Christ, inebriate me,  
Water from the side of Christ,  
wash me  
Passion of Christ, strengthen me  
O good Jesus hear me  
Within thy wounds hide me  
Suffer me not to be separated from Thee  
From the malignant enemy defend me  
At the hour of my death call me  
And bid me come to Thee  
That with thy saints I may praise Thee  
Forever and Ever.  
Amen*

#### COST:

Grateful to the generosity of benefactors we  
are pleased to offer the rate for the 30-day  
retreat: \$3,800. This includes all materials and  
the stipend for spiritual direction. The 3, 5 and  
8 day retreats have a fee of \$150 per day.

#### CONTACT FOR APPLICATION:

30 day retreat:  
Fr. John Horn, S.J.  
Phone (561) 374-2268 | e-mail: jhorn@svdp.edu

3, 5 and 8 day retreats:  
Fr. Thomas Pulickal  
e-mail: retreats@amorischristi.org

#### CO-SPONSORSHIP

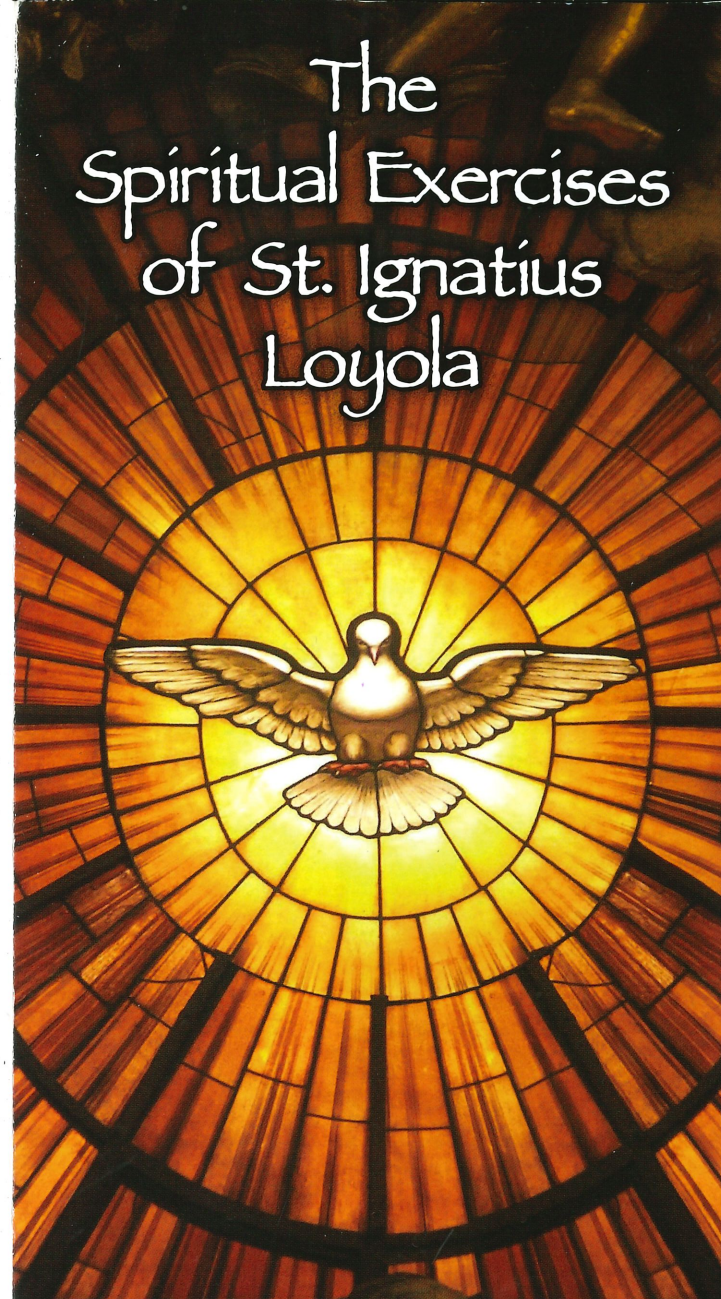


#### LOCATION OF THE UNIVERSITY OF SAINT MARY OF THE LAKE CONFERENCE CENTER

1000 E. Maple Ave., Mundelein, IL 60060

[www.spiritual-exercises-ac.org](http://www.spiritual-exercises-ac.org)

# The Spiritual Exercises of St. Ignatius Loyola

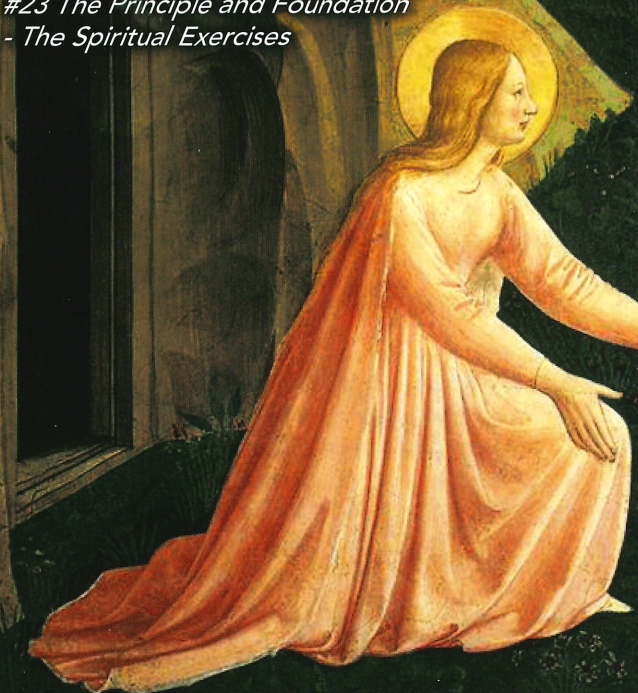


*Take, Lord, and receive all of my liberty, my  
memory, my understanding, my entire will, all that  
I have and possess. You have given all to me. To  
You, O Lord, I return it. All is yours; dispose of it  
wholly according to your will. Give me only your  
love and your grace, for this is sufficient for me.*

St. Ignatius

The human person is created to  
praise, reverence and serve God  
our Lord, and by so doing save his  
or her soul; and it is for the human  
person that the other things on the  
face of the earth are created, as  
helps to the pursuit of this end.


#23 The Principle and Foundation  
- The Spiritual Exercises



*Sometimes we are interiorly anguished; and  
though this spirit may speak what is true,  
reproving us for our many failures, nevertheless  
if it causes a lack of tranquility it is not the  
good Spirit of God. The good Spirit of God  
is always peaceful and gentle in reproof.*

St. Peter Favre, S.J.





# The Spiritual Exercises of St. Ignatius Loyola

## WHAT:

The full experience of making The Spiritual Exercises of St. Ignatius Loyola in the 30-day retreat format can be life transforming. Pope Benedict described "The Spiritual Exercises" as a "strong experience of God, sustained by listening to his Word ... which in a climate of silence, prayer and by means of a spiritual guide, offer the capacity of discernment in order to purify the heart, convert one's life to follow Christ, and fulfill one's own mission in the Church and the world." It is timely to note that Pope Francis' pastoral emphasis on learning discernment of spirits is rooted in his intimate knowledge of the power of the Trinity's laboring love and mercy in his experience of "The Spiritual Exercises."

## WHY:

One enters into the retreat to receive more deeply an ongoing experience and encounter with the mission of Jesus' Spirit. It can also be a profound means for discerning what Jesus' Spirit is choosing to reveal about the Father's will for the retreatant.

## WHERE:

**University of Saint Mary of the Lake  
Conference Center**

University of Saint Mary of the Lake Conference Center is located on the beautiful campus of Mundelein Seminary. Each guest room is air conditioned and has a private bath. There is easy access to the libraries, gardens and chapel as well as a prayer grotto and outdoor Stations of the Cross and nearby there is an extensive walking path. St. Mary's Lake is situated at the center of campus with the conference center a short walking distance from the lake and is adjacent to Marytown, the National Shrine of St. Maximilian Kolbe. This shrine offers perpetual Eucharistic adoration.

## WHEN: 2025

- **30-day retreat – July 2nd (arrive by 4:00 p.m.) until August 4th (departure)**
- **3 day retreat – July 10th (arriving by 6:00 p.m.) until July 13th (concludes at 3:00 p.m.)**
- **5 day retreat – July 14th (arrive by 3:00 p.m.) until July 19th (concludes at 3:00 p.m.)**
- **8 day retreat – July 21st (arrive by 3:00 p.m.) until July 29th (concludes at 3:00 p.m.)**

## WHO:

Preference for admission to the 30 day retreat is given to Bishops, Seminary Formators, Vocation Directors, Priests, Deacons and their Wives, Religious and Lay Leaders involved in spiritual formation and evangelization.



Photos of the University of Saint Mary of the Lake

## MORE ABOUT THE SPIRITUAL EXERCISES:

During the retreat, participants experience God's invitations to be loved, reconciled and called to live in companionship with Jesus' Spirit. This entails some type of sharing in Jesus' passion, death and resurrection. The paschal mystery is tasted through the image of God, alive in the retreatant's heart, being placed in dialogue with the experience of the Holy Spirit's consoling activity in the Scriptures. It is a mystery to be lived out in day to day faith following the retreat.

The Spiritual Exercises are a type of map for the human heart to follow in prayerful meditation and contemplation. To follow these exercises brings one into intimate contact with the risen presence of Jesus Christ who reveals the

Father of all mercy and consolation. If the book called The Spiritual Exercises is read, the experience is dry, like reading a manual. To actually experience The Spiritual Exercises one must follow the guidance of a spiritual director who provides guidelines for a deeper encounter with God at work amid the inter-dynamic of human desiring. In the 30 day format the retreatant prays four to five hours daily and sees the spiritual director for an hour each day. Eucharistic liturgy is also celebrated on a daily basis.

## OPPORTUNITIES FOR 3, 5 AND 8 DAY SILENT DIRECTED RETREATS:

The rich opportunity to come away and enter into silence to taste and see the goodness of the Lord is offered in the Ministry of the Spiritual Exercises. The retreat participant engages in meditation and contemplative prayer rooted in the Sacred Scriptures and the Ignatian Tradition. Daily Mass and spiritual direction are part of each of the 3, 5 and 8 day retreats. These opportunities are available between July 10th and July 27th, 2025. Select the dates that fit your needs and then please contact [frthomas@jesusyouth.us](mailto:frthomas@jesusyouth.us) for registration. One personal reference is needed to give testimony to an applicant's readiness to enter into a silent retreat.

## SPIRITUAL DIRECTORS:

|                           |                     |
|---------------------------|---------------------|
| Mrs. Sharon Doran         | Mr. Sunil Nadarajan |
| Fr. John Horn, S.J.       | Fr. Thomas Niehaus  |
| Dr. Jolly John            | Fr. Thomas Pulickal |
| Mrs. Katie Johnson        | Mr. Ryan Rogers     |
| Miss Jannelle Krzmarzick  | Fr. Derek Saldaha   |
| Fr. Bernard Messier, C.C. |                     |