

SPIRITUAL EXERCISES RE-VISITED Fall, 2026

PURPOSE OF PROGRAM

The series will explore the dynamics, content and grace of each week of the Spiritual Exercises. Our gathering and interacting will deepen our experiential understanding of the Exercises as they unfold in everyday life and prayer.

FOR WHOM

Spiritual Directors/Retreat Directors/
Prayer Guides of the Spiritual Exercises

Experienced directors eager
to ponder the Spiritual Exercises

People who have *experienced* the
Exercises and would like to reflect on their
experience as well as *learn about* the
Exercises.

CRITERIA FOR ADMISSION

Experience directing retreats
Experience making the Exercises
Experience with spiritual direction

TIME, DATES, PLACE, COST

Days/Times: Thursdays, 10 AM – 2 PM
(1/2 hour for lunch + 2 short breaks)

Dates: 2026: 10/1, 10/15, 10/29, 11/12,
11/19, 12/3, 12/10, 12/17

Place: Online via Zoom

Cost: Total Series, 8 Sessions: \$480 or

Special: Register before 9/1/26: \$450

Individual Sessions: \$60/each

COORDINATING STAFF

Maureen Casey, SND, Joan M. McCarthy, CSJ

PROGRAM TOPICS

October 1, 2026 (J)

Reflection on My Experience As A Retreatant;
Overview of the Spiritual Exercises; Graces,
Disposition Days: Dynamics, Movements,
Themes, Colloquy, Review of Prayer,
Repetition

October 15, 2026 (M)

Ignatius' Spiritual Exercises
and the Word of God, Annotations,
the Principle and Foundation

October 29, 2026 (J)

Week I: A Forgiven Sinner: Awed in Gratitude
Week I, The Additions, Forms of Prayer

November 12, 2026 (M)

Readied for Wise Learning, The Call of the
King, A School of Discipleship,

November 19, 2026 (J)

Week II: A School of Discipleship
Ignatian Contemplation
The Two Standards, The Three Classes,
The Three Degrees of Humility, Triple Colloquy

December 3, 2026 (J)

Week III: Grace, Dynamic, Movements,
The Burial of Jesus and Its Aftermath,
The Additions for Week III

December 10, 2026 (M)

Week 4: To Experience the Risen Christ,
Grace of 4th Week, The *Contemplatio*

December 17, 2026 (J)

The Faces of God in the Spiritual Exercises

FOR AN APPLICATION FORM

Email: ii@csjboston.org or apply online
<https://www.spiritualdirectionii.org>

A VIRTUAL RE-VISITING OF THE SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA

This could be your first, second, or third
prolonged reflection on the *Spiritual Exercises*

WHY COME ON THIS JOURNEY?

Dust off your memories of making the *SE*
Awaken your consciousness of graces past, present and future
Intensify your personal experience of the *SE*
Expand your knowledge of the *SE*
Refine your art and skill as a director of the *SE*
Cultivate your creativity in praying or directing the *SE*
Choose to prayerfully engage in the *SE* during this journey
Deepen your wisdom regarding the dynamics of the *SE*

MODES OF PRESENTATION

PowerPoint, YouTube, Art, Poetry, Scripture,
Prayer, Readings, Cases, Q&A,
Access & Visits to digital Resource Rooms
replete with supplemental materials

VARIED TRANSLATIONS OF THE *SPIRITUAL EXERCISES*

