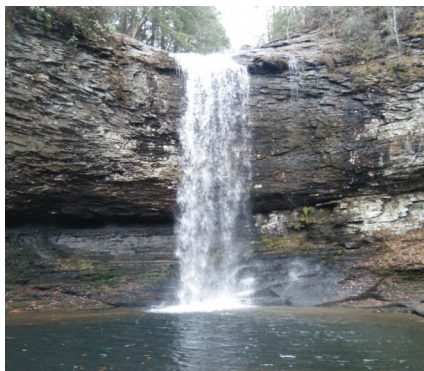


What did individuals say about their retreat experience last year?

"I found this retreat to be very fruitful as I made the time to have intentional prayer time. I was a little apprehensive about how engaged I would be, but I was/am quite surprised to see how the Holy Spirit works with me."

"Spiritual direction helped me stay committed to the retreat in daily life. I really wanted to feel the Holy Spirit's movement in my life but I'm still not sure where God is, I don't feel it always consistently, blaring at me. It taught me that I need to spend time with the search."



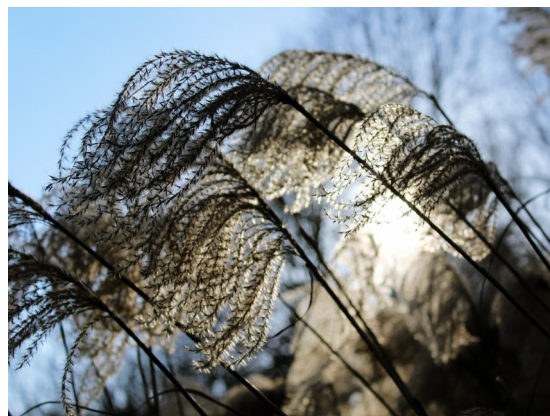
"This retreat was exactly what I needed to help me re-establish a daily prayer life and to review my friendship with God. I find that the daily 30-minute prayer and spiritual direction was the perfect time for me to start with."

"The Opening and Closing were lovely and enriched the experience – meeting with other retreatants and praying for them – but it was not intrusive or burdensome."

Teach Me To Listen

Teach me to listen, O God,
to those nearest me,
my family, my friends, my co-workers.
Help me to be aware that
no matter what words I hear,
the message is,
"Accept the person I am. Listen to me."
Teach me to listen, my caring God.
To those far from me -
the whisper of the hopeless,
the plea of the forgotten,
the cry of the anguished.
Teach me to listen, O God my Mother,
to myself.
Help me to be less afraid
to trust the voice inside -
in the deepest part of me.
Teach me to listen, Holy Spirit,
for your voice -
in busyness and in boredom,
in certainty and in doubt,
in noise and in silence.
Teach me to listen, O God. Amen.

John Veltri, SJ



God's Abiding Love

An Ignatian Retreat in Daily Life
at
St. Matthew's Cathedral

Sponsored by Holy Trinity
February 3-9, 2019



An individually directed retreat, made at home, for individuals who want to be introduced to praying in the tradition of St. Ignatius Loyola, that is, engaging the intellect, feelings, and imagination.



Ignatian Spirituality & Prayer Ministry
Holy Trinity Catholic Church
The Jesuit Parish in the Nation's Capital

3513 N Street, NW
Washington, DC 20007

202-903-2810
www.trinity.org

Have you wanted to make a retreat, but were unable to leave family and work responsibilities?

Do you want to develop a practice of daily prayer?

If you answered 'yes' to either of these questions, you may find the Ignatian Retreat in Daily Life helpful.



How to prepare to make this retreat

As you ponder whether to make the retreat, we encourage you to look at your calendar and consider where, Monday through Friday, you will carve out 30 minutes each day to pray and 30 minutes each day to meet with a spiritual director.

We also want to accept the reality of living and working in the Washington metro area. Please factor in time to travel, find a parking space, and walk to where you will meet your spiritual guide.

All our spiritual directors are volunteers and will reserve this week of retreat for you. We ask you to be faithful to your time commitment of praying and meeting with your spiritual director Monday through Friday.

Retreatants who have made this retreat have found the opening and closing sessions integral to the experience. The opening session is **Sunday, February 3rd from 3:00 - 5:00 PM** at Holy Trinity and the closing session is **Saturday, February 9th from 8:30 - 10:30 AM** at Holy Trinity.

GOD'S ABIDING LOVE AT ST. MATTHEW'S CATHEDRAL

February 3-9, 2019

An Ignatian Retreat in Daily Life Registration

Or, register online at trinity.org/ignatian-spirituality/retreats

Deadline is Sunday, January 20, 2019

Name: _____

Address: _____

City/State/Zip: _____

Email: _____ Phone: _____ - _____

Today's Date: _____ Best way to communicate with you: ___ email ___ phone ___ text

Our trained spiritual guides are available for one-half hour conversations Monday through Friday from 11:30-1:30PM at St. Matthew's Cathedral. Please check all the times that are convenient for you to meet.

Time of day: 11:30am _____ 12:10pm _____ 12:50pm _____ 1:30pm _____

Which parish or congregation do you consider yourself to be a member? _____

How did you hear about the retreat? _____

What do you hope for in making this retreat? _____

If you are being paid for work outside the home, we ask that you consider donating one hour's wage for the time you spend with your spiritual director. If you are able to contribute more, we are grateful to you. If you are unable to financially contribute, we ask for your prayers. This way of proceeding will help to make the program available for years to come.

Please return this registration form to:

Ignatian Retreat Team, attn: Martina O'Shea, 3513 N Street, NW Washington, D.C., 20007

fax to 202-337-9048 or email to moshea@trinity.org

Or, register online at trinity.org/ignatian-spirituality/retreats

Deadline is Sunday, January 20, 2019