



## Servants of the Holy Heart of Mary

### THE 19<sup>th</sup> ANNOTATION OF THE SPIRITUAL EXERCISES OF ST. IGNATIUS

St. Ignatius of Loyola experienced a wondrous conversion in his own life, and the gift that he gave to the church is the ability to share that conversion with others through his design of the Spiritual Exercises. In praying through the Spiritual Exercises, individuals will grow in their relationship with God.

St. Ignatius gave to his religious congregation and to the broader church two ways of praying through the Spiritual Exercises. One way is called the 30-Day Retreat or the Long Retreat, and the other way of experiencing the Spiritual Exercises is through the 19<sup>th</sup> Annotation.

In the 19<sup>th</sup> Annotation, the retreatant experiences the Spiritual Exercises in daily life. The retreatant is given material to pray with daily and meets with a spiritual director weekly. The retreatant participates in group meetings designed to be informational on elements of the spiritual life and to be a support to each retreatant through shared experiences.

In offering the 19<sup>th</sup> Annotation via ZOOM, the Servants of the Holy Heart of Mary provide a fully on-line retreat experience where the retreatant will meet via ZOOM with a spiritual director weekly and with the whole group two times a month. The criteria for beginning the 19<sup>th</sup> Annotation would be those who want to grow in their relationship with God and have already developed a daily prayer life.

The individual praying the 19<sup>th</sup> Annotation will commit to:

- praying with the Scripture 45 minutes a day
- journaling
- meeting with a spiritual director weekly via ZOOM
- meeting with the group via ZOOM on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month, 7:00 to 8:00 p.m.

The length of the 19<sup>th</sup> Annotation can vary, but ordinarily lasts 8 months. The opening group meeting will be September 15<sup>th</sup>, 2026. The cost for the program is \$200.00. We do not want personal finances to prevent anyone from participating, so we have set 2 additional fee levels, \$150 and \$125. Please choose the fee level you are most able to afford. Also, you are free to pay for this retreat in installments.