

Sisters of St Andrew

A taste of Ignatian Spirituality:

Wednesday 27 th September 2023	1. Entering into prayer
Wednesday 10 th October 2023	2. Discernment
Wednesday 25 th October 2023	3. The Examen

With Sister Marie-Christine

10am arrivals, 10.30am start, 1pm end.

« It is not so much knowledge that fills and satisfies the soul, but the intimate understanding and relish of the truth. »

St Ignatius, the Spiritual Exercises SE 2

We continue to explore some elements of the Spirituality that St Ignatius bequeathed us on three Wednesday mornings. These elements are simple, practical suggestions that can help us to live our life in a deeper relationship with God.

In addition to extracts of the Spiritual Exercises, we will use a psalm and a poem for each session. There will be some input, an opportunity to share, time for personal reflection and prayer in the beautiful spaces of St Andrew's : chapel, grounds, meeting rooms. Come along and discover St Ignatius for the first time or come and deepen your understanding.

Come for one, two or all three Wednesday mornings.

Suggested donation £15-£25 per session, £30-£60 for the three sessions.

Booking essential.