



RETREAT INVITATION

Inner Peace in Divine Love



All are welcome. If you have a desire to deepen your relationship with God and find God's presence in your everyday life, this could be a retreat for you!

Where you are now is where God is waiting for you.

There are no special requirements to attend come as you are.

Five consecutive Mondays: 9, 16, 23 & 30 May & 6 June 2022

Time: 9.30am - 11.00am AEST

Retreat Givers: Lynne Raw, Marie Lynch and Eric May

Where: St Peter's Catholic Church, 28 Elizabeth St, Coolum Beach

To register [click here](#) or contact info@jisa.org.au, 1300 393 636

This retreat is freely given and freely received. You may gift any amount towards the ongoing support of the First Spiritual Exercises Ministry when you register.



Inner Peace in Divine Love

A Four Week Retreat in Daily Life

This First Spiritual Exercises retreat runs over four weeks in daily life. It guides you in prayer and reflection for 30mins each day. The retreat is for anyone who desires to grow in their relationship with God.

The retreat was composed by Michael Hansen SJ and is based on the Spiritual Exercises by St Ignatius of Loyola. This retreat is a way of encountering the Creator as Love in your everyday life through a program of personal prayer and attending a weekly gathering of guided spiritual conversation - online or in person.

What's involved

- Participants pray at home for 30mins each day, and meet together with retreat guides within a group once a week for 90mins, for listening, prayer and spiritual conversation.
- There are five 90min group meetings.
- These sessions guided by trained givers of the First Spiritual Exercises.
- It is suggested that you purchase "The First Spiritual Exercises: Four Guided Retreats" book by Michael Hansen SJ ahead of the retreat.

Your Commitment

- Spend 30 mins daily in personal prayer.
- Keep a journal.
- Willingness to commit to four weeks of the retreat and attend five weekly group meetings.
- Willingness to participate in group sharing and conversation.