

# RETREAT INVITATION

## Inner Peace in Friendship with Jesus



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.

Tuesday 4, 11, 18 & 25 October & Monday 31 October 2022

In person: 10.00 - 11.30am AEST, at JISA Faber,  
111 Sir Samuel Griffith Drive, Bardon QLD

or

Online: 7.00pm to 8.30pm AEST via Zoom

To register [click here](#) or contact [info@jisa.org.au](mailto:info@jisa.org.au)

*This retreat is free of charge. You may gift any amount towards the ongoing support of the First Spiritual Exercises Ministry when you register.*



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Jesuit and Ignatian Spirituality Australia acknowledges that we walk upon the traditional lands of First Nations peoples. We pay our respects to them and recognise the continuing gift of their cultures to the life and spirit of Australia.



# Inner Peace in Friendship with Jesus

## 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. Come and experience this journey into divine friendship 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.

## 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.