A close up of a sign

Description automatically generatedThe Spiritual Exercises

of St. Ignatius of Loyola

19th-Annotation Application

Dear Friend,

Thank you for applying to make *The 19th* *Annotation* *Retreat*, also known as the *Spiritual Exercises in Daily Life.*

During the exercises, a retreatant pledges to pray an hour daily, see a spiritual director once a week, and keep a journal noting both God’s activity and his or her response during the time of prayer.

The length of the retreat depends on the activity of the Spirit, the retreatant, and the director. The retreat usually extends over seven or eight months.

We are expecting to begin **September 1, 2020**. *All meetings will be held via Zoom.*

The exercises are not for everybody and good timing is important. The exercises are substantial and often life-changing. Many serious people will only do them once in their lives, and some twice.

To help us discern with you your readiness and timing for making the exercises, please complete the following application, and the following information and forward to St. Augustine’s Attn: Spiritual Direction via

[ignatianspirit46@gmail.com](mailto:ignatianspirit46@gmail.com)

*Or via snail-mail to* 6110 Fulton Rd. Edmonton, AB, T6A 3T3

Please include:

1. **A statement from your spiritual director** indicating your participation and your length of time in spiritual direction as well as your director’s opinion regarding your readiness to make the retreat.

2. **Two (2) letters of recommendation** from people who know you well as a person of faith who are able to speak to your readiness to engage the exercises at this point in your life.

**All materials must be received by August 15th, 2020**

Cost

We suggest a bulk fee of $400 to cover the cost of the retreat, but we will not withhold anyone from making the retreat on account of finances.

* Checks should be made payable to *st. Augustine’s Anglican Church, memo: Spiritual Direction*.
* Online payment is available as well at [www.staugustinesedmonton.com/give](http://www.staugustinesedmonton.com/give) choose the ‘spiritual direction’ designation.

Personal Information

**Name:** Click or tap here to enter text.

**Address:**  Click or tap here to enter text.

**City:** Click or tap here to enter text.  
**Province:** Click or tap here to enter text.  
**Postal:** Click or tap here to enter text.

**Phone:** Click or tap here to enter text.

**Email:** Click or tap here to enter text.

**What is your current church situation?** Click or tap here to enter text.

**Do you have any mobility or other restrictions we should know about?** Click or tap here to enter text.

**Emergency Contact Name:** Click or tap here to enter text.  
**Phone Number:** Click or tap here to enter text.  
**Relationship:** Click or tap here to enter text.

Reflection Questions

\*\*Please respond to each question below ***as fully as possible***. More is better than less.

**1. What kind of professional work or life activities are you engaged in?**

Click or tap here to enter text.

**2. Are you involved in ministry of any kind? Please describe.**

Click or tap here to enter text.

**3. Each of us has major moments in our history — highs and lows, lights and shadows, moments of freedom and lack of freedom. Please submit a brief personal and spiritual autobiography about these moments, especially as regards your family, education, relationships, ministry, and more.**

Click or tap here to enter text.

**4. Describe your experience of receiving spiritual direction. What do you talk about in spiritual direction? In what ways do you find it helpful? Are you comfortable in this setting? How often do you receive direction?**

Click or tap here to enter text.

*N.B.: Typically during the exercises one’s usual spiritual direction pattern is put on hold since the exercises are a much more intense experience of spiritual direction. Are you prepared to do this?* **YES  NO**

**5. Have you made an individually directed retreat before? If so, what occasioned the retreat? Where and when did you make it? Was the retreat helpful?**

Click or tap here to enter text.

**6. Why do you pray? How do you pray? How much time do you spend in prayer? What do you pray about? How often do you pray?**

Click or tap here to enter text.

**7. Why are you considering making the Exercises at this particular time in your life? What hopes and desires, challenges and difficulties are prompting you to make the Spiritual Exercises at this time? What do you seek? How do you think the Exercises might be helpful to you at this time?**

Click or tap here to enter text.

**8. The Spiritual Exercises of St. Ignatius employ different modes and methods of praying — imagination, memory, contemplation, reason — to name a few. Each of these methods of prayer fosters graces characteristic of the Spiritual Exercises. Are you comfortable using these forms of prayer or open to experiencing them during the course of the Exercises?**

Click or tap here to enter text.

**9. Please comment on the place of communal worship in your life. You might touch on the liturgy, the gathered community, the sacraments, scripture, preaching, and the general place of the Church in your life.**

Click or tap here to enter text.

**10. Do you have any limiting conditions that may affect your making this retreat — e.g., psychological, emotional, and/or physical?**

Click or tap here to enter text.

**11. The Exercises are not therapy – are you experiencing any specific distress for which you are receiving counselling or for which you should be receiving counselling?**

Click or tap here to enter text.

**12. The Exercises were initially devised as a tool for discernment around making a major life decision (St. Ignatious calls it an ‘election’). Is there a major life decision that you are exploring?**

Click or tap here to enter text.