

## WHAT OTHERS HAVE SAID ABOUT RETREAT IN DAILY LIFE

"I feel more loved by a more loving God."

"My prayer and spiritual life have grown beyond what I could have imagined."

"I am grateful for a more closer relationship with the Father, Jesus, & the Holy Spirit."

## Retreat in Daily Life

Journey through the Spiritual Exercises of St. Ignatius of Loyola

For more information or to apply for *RIDL*, please contact:

Nancy Vargas 405.760.4640 navargas54@gmail.com

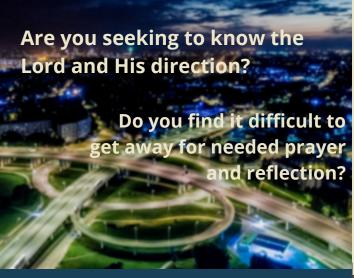
**Sherry Alexander 405.315.7559** 

para español, llamar Jessica Carbajal 580.254.1472 la9jessica@gmail.com

"For it is not knowing much, but realizing and relishing things interiorly, that contents and satisfies the soul."

-St. Ignatius of Loyola





RIDL is a way for busy people to grow deeply in their relationship with and commitment to Jesus Christ.

In the tradition of Ignatian spirituality, *RIDL* focuses on the life, teachings, death, and resurrection of Jesus through prayerful encounters with Scripture. The Ignatian principle of "finding God in all things" lies at the heart for *Retreat in Daily Life*.

This form of retreat involves one hour for daily personal prayer and one hour of group sharing.

Time is needed to prepare for this experience and to be evaluated for personal readiness to such a commitment.

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius of Loyola to help people deepen their personal relationship with God.

For centuries the Exercises were most commonly given as a long retreat of about 30 days in solitude and silence. Today there has been renewed emphasis on the Spiritual Exercises as a program for the life of the lay person.

The most common way of going through the Exercises now is a "Retreat in Daily Life" (*RIDL*) which involves a longer program of daily personal prayer and weekly meetings with a trained spiritual director.



RIDL is offered at various locations, days, and times throughout Oklahoma from October to May under the guidance of the Archdiocese of Oklahoma City. Small groups are led in person or online by an experienced spiritual director/facilitator.

**COST**: There is a one time material fee of \$60 and a monthly fee of \$100.

No one is turned away for lack of funds. Scholarships may be available.

IF YOU FEEL LIKE THE LORD IS CALLING YOU TO THIS KIND OF SPIRITUAL JOUNREY, PLEASE CONTACT PERSONS ON THE BACK OF THIS BROCHURE TO SCHEDULE AN INITIAL CONFIDENTIAL INTERVIEW.

INTERVIEWS OCCUR JULY 1
THROUGH AUGUST 31.