



“For it is not knowing much, but realizing and relishing things interiorly, that contents and satisfies the soul.”  
-*St. Ignatius of Loyola*

## 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:

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Are you seeking to know the  
Lord and His direction?

Do you find it difficult to  
get away for needed prayer  
and reflection?

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 JOURNEY, PLEASE  
CONTACT PERSONS ON THE  
BACK OF THIS BROCHURE TO  
SCHEDULE AN INITIAL  
CONFIDENTIAL INTERVIEW.

INTERVIEWS OCCUR JULY 1  
THROUGH AUGUST 31.