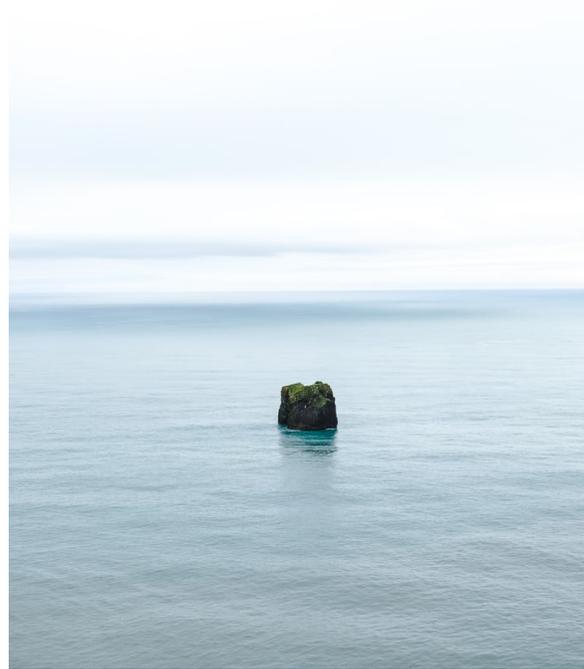


*Through various meditations, contemplations, and prayer practices compiled by St. Ignatius of Loyola, this 32-week transformative journey in everyday life draws us into a profound encounter with God, leading to a more intimate relationship with God and generous service of others.*



## EMMAUS HOUSE



1521 Center Street | Des Moines, IA 50314

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## Spiritual Exercises in Everyday Life



2020 - 2021

EMMAUS HOUSE



*Do you...*

have an established and active prayer life, yet desire a deeper faith life and more intimate relationship with God, self, & others?

*Are you...*

looking to encounter God in a more contemplative and personal way, becoming more aware of God's intimate presence in all aspects of creation and your everyday life?

*Would you...*

like to grow in interior freedom as you spiritually discern and more generously respond to God's loving invitation to use your unique gifts to co-create a more just, peaceful, and loving world?

*The Spiritual Exercises in Everyday Life  
Retreat is Available in Two Formats*

**Group Format**

- daily personal prayer & reflection (45-60 minutes)
- weekly group meetings  
(meeting times: Tuesday mornings or evenings)
- twice-monthly meetings with spiritual director
- mid-September through mid-May



**One-On-One Format**

- daily personal prayer & reflection (45-60 minutes)
- weekly meetings with spiritual director
- available anytime throughout the year

*Interested? Have Questions?  
Take the Next Step...*



Making the Spiritual Exercises in Everyday Life retreat is a significant commitment of time and energy. We invite you to prayerfully discern your desire to make this retreat at this time in your life, and please let us know if we can be of support to you in your discernment.

If you sense God inviting you to make this retreat, and would like to further explore your options for beginning this transformative eight-month journey, please contact Co-Director, Kevin O'Donnell, at [kevin@theemmaushouse.org](mailto:kevin@theemmaushouse.org) or 515-282-4839.

We look forward to having you join us for this year's SEEL retreat!