



The Spiritual Exercises of St. Ignatius: Retreat in Daily Life *In-Person Retreat*



What are the Spiritual Exercises?

The Spiritual Exercises of St. Ignatius is an opportunity to experience a profound, transformative encounter with the living, loving God through the person of Jesus Christ. Through prayer focused on a flexible set of meditations and Scripture passages, the heart is opened to be touched personally and directly by God. St. Ignatius of Loyola described this experience as like being taught by God as a loving teacher teaches a beloved student. Through such encounters with God, one experiences deeply God's profound and complete love and learns to recognize the Spirit's movements within. This is the basis for prayerful discernment.

The Spiritual Exercises originated as a 30-day "away" retreat and is still offered in that form. St. Ignatius realized that many people, particularly lay people, cannot get away from their responsibilities for 30 days, and so, adapted the Exercises to accommodate the life situations of those invited by God to a deeper, more intimate relationship. One of those adaptations is the "Retreat in Daily Life," also known as the "19th Annotation". It is the full *Spiritual Exercises* given over the course of about 9 to 10 months as the retreatant continues to live their life in the world.

Who is this for?

The Exercises are for anyone who desires a deeper relationship with God through Jesus. Those discerning vocations, faced with a major decision or in the midst of a life transition are often drawn to the Exercises.

What can I expect?

Your journey through the Exercises will involve:

- A prayer commitment of 45-60 minutes each day, plus about 15 minutes for journaling
- Fifteen minutes of reflective prayer (called the Examen) each evening,
- A weekly, 1-hour meeting with your Exercises facilitator (Online meetings are available.)
- Participation in an orientation, monthly faith sharing conferences, and a closing retreat which will take place at Holy Trinity Catholic Church in San Pedro, CA on the dates indicated on the back.

Is there a fee?

We are asking for a retreat offering of \$2600 for the 10-month retreat year which covers all materials, including a book of the Exercises, a journal, lunch during the Orientation, and refreshments at all Faith Sharing Conferences. However, ***you are welcome to offer whatever you are able for your retreat.*** Holy Trinity parishioners can make the retreat for a reduced offering of \$450 that is paid directly to Holy Trinity.

I'm interested. What do I do next?

Please contact **Tammy Ezzi** at tammyiezzi@enkindlingtheheart.com or info@takelordreceive.com for an application or if you have any questions. You may also call (424) 305-0607 or visit our websites: www.enkindlingtheheart.com or www.takelordreceive.com. After submitting the application, you will be contacted to schedule a discernment interview. The purpose of the interview is to jointly, with the interviewer, discern God's invitation to you to make the Exercises at this particular time. **Application Deadline: July 31, 2025.**

About your retreat coordinator... Tammy Ezzi has a Master's degree in Theology with an emphasis in Christian Formation and Discipleship and a Doctorate in Clinical Psychology from Fuller Theological Seminary. She earned a certificate in Ignatian Spirituality from Loyola Institute for Spirituality in 2004 under Fr. Chi Ngo, SJ and in Spiritual Direction and Retreat from the LA Archdiocese' Spirituality Center at Mount St. Mary's College in 2007. She has been facilitating the *Spiritual Exercises: Retreat in Daily Life* and other Ignatian retreats for the past 20+ years and has trained facilitators of the Exercises for the last 13 years. It is her passion to open the way for people to fall in love with Jesus.



Spiritual Exercises of St. Ignatius:

Retreat in Daily Life

(The 19th Annotation)

IN-PERSON RETREAT

2025-2026 Schedule

July 31, 2025:

Application Deadline

Mid-August 2025:

Individual Meetings Begin

August 23, 2025:

Registration Deadline

September 6, 2025:

Orientation Retreat (10 am - 4 pm)

October 11, 2025:

Faith Sharing Conference 1

November 1, 2025:

Faith Sharing Conference 2

November 22, 2025:

Faith Sharing Conference 3

January 3, 2026:

Faith Sharing Conference 4

January 31, 2026:

Faith Sharing Conference 5

February 28, 2026:

Faith Sharing Conference 6

March 28, 2026:

Faith Sharing Conference 7

May 2, 2026:

Faith Sharing Conference 8

June 6, 2026:

Closing Retreat (1:00 pm - 4:00 pm)

** Note the earlier start time and later end time. Retreatants are invited to end their retreat with Mass at 4:30 at Holy Trinity.)*

All Faith Sharing Conferences will be held from 2 pm to 4 pm at Holy Trinity Catholic Church in San Pedro, CA. Schedule may be changed as necessary during the year.

Retreat Offering

*Prayerfully consider your financial situation and discern how much you would like to offer for your retreat. **Partial scholarships are available. Please ask for an application.***

Information to assist with your discernment:

- The cost to provide the 10-month in-person retreat is approximately \$2600.
- The retreat fee covers all facilitation meetings for the 10 months, all materials (handouts, prayer materials, a book of the Exercises, an Exercises journal), all group gatherings, lunch at the Orientation, snacks at group meetings, and overhead costs. (Additional journals may be purchased as needed.)
- Your total financial retreat offering may be paid in equal monthly installments by check, credit card, PayPal, Zelle or Square.
- Holy Trinity parishioners can make the retreat for a reduced offering of \$450 that is paid directly to Holy Trinity.
- **No one will be turned away based on financial situation.**

If you have any questions or concerns, please contact Tammy Ichinotsubo-Ezzi at tammyiezzi@enkindlingtheheart.com or (424) 305-0607.

For more information and an application go to: www.enkindlingtheheart.com or takelordreceive.com.

Weekly individual meetings are arranged with your facilitator and may be held either virtually or in person, if possible.