

ISC Lent Online Retreat 2022: Starts Ash Wednesday, 2nd March 2022

Through Lent with Ignatius of Loyola - A 16th Century soldier turned saint whose life is relevant and inspirational today.

Come with us on a journey through Lent with Ignatius of Loyola and see how his struggles and achievements form part of the common human search to understand self and live a fulfilling life. It is 500 years since a cannonball shattered his dreams of fame and fortune and forced him to re-evaluate life. From the comfortable life of Spanish nobility, he opted for a simple lifestyle of service to those most in need. Each day of Lent is offered:

- An episode in the life of Ignatius
- A reading from Scripture
- A picture to ponder
- Music to inspire
- A short reflection

The retreat for 2022 is from Ash Wednesday, 2nd March to Easter Sunday, 17th April. Join us daily online and join a group weekly to share your exploration and prayer.

Time for Prayer: Ideally you should be able to find a time to pray with the Scripture or other material daily; anything from 15 minutes to an hour a day, whatever you find helps you.

Online Weekly Meeting: The idea of this retreat is that groups of people support each other. Each person prays daily individually, and then various groups meet weekly online together to see how the prayer has been going. This will support you in your prayer and help you see where God is in your prayer and in your life. It will also introduce you to different ways of praying with Scripture. Because of Covid these meetings will be online only. We are suggesting that the weekly online meetings could be on Thursdays at 7.00 pm (starting on 3rd March) and on Tuesdays at 4.30 pm (starting on 8th March). Choose whichever is more convenient for you - and please let us know! But you need not join a group if you prefer to do it on your own.

Prayer Materials: Choose what is most convenient for you: the materials are provided online for a computer or smartphone. From the beginning of February, you can sign up to receive daily emails with the retreat material and other prayer resources, which will also be available on the retreat website:

<https://www.onlineprayer.net/>

Reflecting on Prayer: We suggest that after each day's prayer you jot down in a journal a few notes on how the prayer has gone. This will help your sharing in the group if you have one. It will also be interesting to reflect on how things are moving during Lent and see whether you discern any patterns in the way God is dealing with you.

If you are interested, or would like to join in, or for more details, please contact Max and Cecilia Jourdier as soon as you can on 01886 812259 or mandcjourdier@gmail.com.