

HOLY SPIRIT "Silent" GUIDED RETREAT on ZOOM

Retreat is from Friday 7 pm to Monday 7:30 pm

Spiritual Directors: Sister Jacqueline Spaniola, OSF, Fr. Dustin Larson, Sr.
Julie Ann Sheahan, OSF



TOPIC: Holy Spirit – Spirit of Truth, The Divine Person, The Spirit of Pentecost, The Spirit the Source of Interior Life, and more

19th ANNOTATION RETREAT – notes from St. Ignatius of Loyola

The 19th annotation is an alternative model for experiencing the Exercises. This model is designed to be experienced in the flow of daily life ... that includes commitment to a period of personal prayer each day and one-on-one meeting with a spiritual director.

GUIDED RETREAT: This retreat which includes an introduction to your prayer time (prayer time usually follows the introduction to the Scripture passages)

YOUR COMMITMENT: Spirit of Quiet (**Silence would be preferred**) during the retreat along with -

ZOOM Sessions – **Introductions** to prayer during the retreat and **private ZOOM** for daily Spiritual Direction

7:00 pm Friday - Introduction to the retreat and beginning a spirit of quiet

- During **ZOOM** we will set up 30 minute Spiritual Direction time on Saturday, Sunday and Monday

9:30 am Saturday - Introduction to your prayer time

- 2 prayer times (30-60 minutes each during this day)
- **Spiritual Direction** at your appointed time
 - During this time you will be given helps for your second prayer time
- **7:00 pm Saturday ZOOM** Night Prayer (about 10 minutes)

9:30 am Sunday - Introduction to your prayer time

- 2 prayer times (30-60 minutes each during this day)
- **Spiritual Direction** at your appointed time
 - During this time you will be given helps for your second prayer time
- **7:00 pm Sunday ZOOM** Night Prayer (about 10 minutes)

9:30 am Monday - Introduction to your prayer time

- 2 prayer times (30-60 minutes each during the day)
- **Spiritual Direction** at your appointed time
 - During this time you will be given helps for your second prayer time
- **6:30 pm** - **Closing ZOOM** session with everyone to share

Registration: sisterj@mtucatholic.org **COST: none** **LIMIT: 18 participants**

Scriptures passages on the Holy Spirit will be sent by email to participants

Questions? Contact Sr. Jacqueline Spaniola sisterj@mtucatholic.org or 906-231-68-62