



Introduction to Ignatian Prayer & the Spiritual Exercises

November 19 - 22, 2021

*All Conferences and Morning Prayer are in the Conference Center. Mass and Eucharistic Adoration are in the Chapel.
Meals and spiritual direction/Confession are in the Dining Hall/Administration Bldg.*

Friday, November 19

2:00 – 4:00 p.m. Registration
5:00 – 5:45 p.m. Dinner
6:00 – 6:45 p.m. Conference #1—**Introduction / *Lectio Divina***

Saturday, November 20

8:00 – 8:45 a.m. Breakfast
9:00 – 9:10 a.m. Morning Prayer
9:15 – 10:00 a.m. Conference #2—**Meaning of Life** (First Principle and Foundation)
10:00 – 11:00 a.m. Personal Prayer & Reflection
11:15 – 11:45 a.m. Mass
12:00 – 12:45 p.m. Lunch
12:45 – 2:15 p.m. Rest / Free time
2:15 – 3:00 p.m. Conference #3—**Sin / Capital Vices**
3:00 – 5:00 p.m. Personal Prayer & Reflection / Fr. Mark available for spiritual direction & Confession
5:00 – 5:45 p.m. Dinner
6:00 – 7:00 p.m. Eucharistic Adoration with Rosary / Benediction

Sunday, November 21

8:00 – 8:45 a.m. Breakfast
9:00 – 9:10 a.m. Morning Prayer
9:15 – 10:00 a.m. Conference #4—**Using the Imagination in Prayer / Acquired Contemplation**
10:00 – 11:00 a.m. Personal Prayer & Reflection
11:15 – 12:00 p.m. Mass
12:00 – 12:45 p.m. Lunch
12:45 – 2:15 p.m. Rest / Free time
2:15 – 3:00 p.m. Conference #5—**Rules for Discernment of Spirits, Part I**
3:00 – 5:00 p.m. Personal Prayer & Reflection / Fr. Mark available for spiritual direction & Confession
5:00 – 5:45 p.m. Dinner
6:00 – 7:00 p.m. Eucharistic Adoration with Benediction

Monday, November 22

8:00 – 8:45 a.m. Breakfast
9:00 – 9:10 a.m. Morning Prayer
9:15 – 10:00 a.m. Conference # 6—**Rules for Discernment of Spirits, Part II**
10:00 – 11:00 a.m. Personal Prayer & Reflection
11:15 – 11:45 a.m. Mass
12:00 – 12:45 p.m. Lunch
1:00 p.m. Check out

OLPH
A Sacred Encounter, A Moment of Grace