

OUR LADY OF THE VISITATION PRESENTS  
A PRAYER & DISCERNMENT DISCIPLESHIP GROUP

# LEARNING TO PRAY

WITH

## *St. Ignatius*

A JOURNEY THROUGH THE  
SPIRITUAL EXERCISES

Grow in a deeper relationship  
with Christ through the  
*Spiritual Exercises of St. Ignatius.*

The 18th Annotation adapts St. Ignatius of Loyola's Spiritual Exercises for those living ordinary lives.

Rather than making a 30-day retreat, participants journey through the Exercises over several months, learning to pray with Scripture, discern the movements of the heart, and encounter Christ in a profound and personal way.

This experience is intended for those who desire to deepen their relationship with the Lord and become more attentive to His presence and guidance in daily life.



This is a guided experience with prayer between each monthly gathering. Participants should be willing to commit to regular daily prayer throughout the course of the Exercises.



#### MEETING DATES

December 19  
January 16  
February 20  
March 20



#### TIME

9:00 AM – 3:30 PM



#### LOCATION

OLV Classrooms 2-3



#### COST

\$40 per participant

#### REGISTER HERE!

Scan the QR code  
to register.



For more information visit:

<https://www.olvonline.org/fait-formaion/adult-discipleship>

GROW IN PRAYER. DISCERN WITH CONFIDENCE.  
*ENCOUNTER CHRIST MORE DEEPLY IN DAILY LIFE.*



ALL FOR THE GREATER GLORY OF GOD

TEAR OFF AND RETURN WITH PAYMENT

#### LEARNING TO PRAY WITH ST. IGNATIUS REGISTRATION FORM

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

☐ I would like to register for the Learning to Pray with St. Ignatius group.

☐ Enclosed is my payment of \$40.

Please make checks payable to Our Lady of the Visitation Parish.  
Return this form with payment to the OLV Parish Office or drop in the collection basket.