

PRA YING WITH IGNATIUS:

Breathing Life into the Examen and the Prayer of Imagination

Presented by **Fr. J. Michael Sparough, SJ**

Saturday, October 26, 2019 – 9:00 AM - 4:00 PM *(includes lunch)*



Ignatius considered **the Examen** the most important daily personal prayer practice one could do. Many of us know of this prayer. Few practice it consistently. Fr. Michael takes us through the basics of this fundamental prayer experience and then breathes new life into it by opening its form and meaning. Re-encounter a familiar prayer you thought you knew.

One of Ignatius' distinct contributions to our spiritual heritage is teaching how to **pray with our imagination**. Fr. Michael takes us deep into this experience with breath work, body postures, Scripture dramatizations and guided meditations. There will also be time for journaling, small group sharing and reflections on how to lead others in this form of prayer.

Cost: \$40 (Non-refundable, non-transferable payment in full is required for confirmed registration.)

To register visit www.manresa-sj.org/102619-pwi or call 248.644.4933 Ext. 0

Fr. J. Michael Sparough, SJ is a retreat director and spiritual director at the Bellarmine Jesuit Retreat House in Barrington, IL. He holds an MFA from the Yale School of Drama and a Doctor of Ministry from St. Mary of the Lake in Mundelein, IL. He is the founder of Charis, a national Jesuit retreat ministry for young adults, and has trained spiritual directors at Loyola University-Chicago. A prolific writer and speaker, Fr. Michael has published books, CDs and DVDs on prayer, discernment and the sacraments. He is seen regularly on Shalom World Catholic Television and is heard regularly on Sacred Heart Radio in Cincinnati and WSFI Catholic Radio in greater Chicagoland.



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