

THE BRIDGES RETREAT

A Retreat in Everyday Life.

Bridging
Prayer, Spirituality
and Community

The *Spiritual Exercises*
of Ignatius of Loyola
The 19th Annotation

What Are The Spiritual Exercises?

The *Spiritual Exercises* are prayers, meditations and reflections developed by St. Ignatius of Loyola. Participation in the Ignatian *Spiritual Exercises* offers the retreatant the tools to deepen their prayer life and, thus, their relationship with God. Accompanied by a companion schooled in the movements of the *Spiritual Exercises*, retreatants are guided according to their own personal journey. For many centuries, the *Spiritual Exercises* were often experienced in seclusion over the course of 30 days. People still engage in the *Spiritual Exercises* through this format.

In actuality, St. Ignatius realized that not everyone could leave the responsibilities of their daily lives to devote themselves to the 30-day retreat, so he provided for an alternative known as the 19th Annotation Retreat. The Bridges Retreat in Everyday Life stretches the four weeks of the 30-day retreat over eight months. It uses the same prayers, meditations and reflections as the 30-day retreat. Each retreatant commits to one period of prayer each day and then meets weekly with a trained, experienced prayer companion who serves, under the guidance of the Holy Spirit, to accompany the retreatant on an individual basis. The retreat is prayed in parallel with the seasonal liturgy of the church.

THE BRIDGES RETREAT

The Bridges Retreat begins in September and ends in May. The Bridges Foundation offers the *Spiritual Exercises* at various sites throughout the St Louis area. An online site is also available to persons outside the Greater St. Louis area and for local persons comfortable with virtual meeting technology.

The group meetings are offered on various days of the week and at different times of the day. As you progress through the Ignatian *Spiritual Exercises*, your responses and needs will be assessed by the prayer companion, who will make your retreat an individualized experience. The Bridges Retreat is enhanced by a community aspect with regular group meetings, including presenters and the opportunity for group sharing.

To find out more about the Bridges Retreat, please visit www.bridgesfoundation.org. The site includes the dates and times of free summer information sessions. You may also contact Bridges Executive Director Steve Givens at: executive.director@bridgesfoundation.org or (314) 401-2072.

2021-22 BRIDGES LOCATIONS

Webster Groves Christian Church

1320 W Lockwood Ave, St. Louis, MO 63122
Wednesday morning weekly group meetings

Sacred Heart Catholic Church Valley Park

17 Ann Ave., Valley Park, MO 63088
Tuesday evening weekly group meetings

St. Francis Xavier Catholic Church

3628 Lindell Blvd, St. Louis, MO 63108
Saturday morning monthly group meetings

St. Matthew the Apostle Catholic Church

2715 N Sarah St, St. Louis, MO 63113
Saturday morning monthly group meetings

St. Nicholas Spirituality Center, O'Fallon, IL

623 Saint Nicholas Dr, O'Fallon, IL 62269
Thursday evening weekly group meetings

Online Site meets weekly on Wednesday evenings at 7 p.m. (CT).

