

A long, vaulted hallway with a checkered floor and two people walking in the distance. The hallway is made of light-colored stone with a series of pointed arches supported by columns. The floor is covered in a repeating pattern of blue and white diamond-shaped tiles. Two people are walking away from the camera in the distance, near an arched doorway at the end of the hallway. The lighting is soft and even, highlighting the architectural details.

WE INVITE YOU TO JOIN US FOR

# CHALLENGE

A DAILY MEDITATION PROGRAM  
BASED ON THE SPIRITUAL EXERCISE OF SAINT IGNATIUS

# THE SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA

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The Spiritual Exercise of Saint Ignatius is a powerful prayer experience that will change your life.

Through practice, you'll learn contemplation, meditation and other forms of prayer.

You'll develop a closer relationship with Jesus and most importantly, you will grow in your faith.

If you choose to continue, you will commit to:

- Meeting every Wednesday evening at Saint Matthew Catholic Church, Hallandale, FL, from 7:00 pm to 8:15 pm.
- Attend at a minimum 30 or all of the 36 weekly meetings. (Sep 29 – Jun 8, 2010)
- Pray for one hour daily (on your own schedule) using materials we provide.
- Keep a prayer journal.

## **ABOUT CHALLENGE**

Master: As the fish dies on the land, so you die in the midst of worldly business. To live again, the fish returns to water. You must return to solitude.

Disciple: Must I therefore leave my business and go into a monastery?

Master: Certainly not. Hold on to your business and go back to your heart.  
*Anthony De Mello, S.J.*

**Challenge** is a daily meditation program that helps you hold on to your business and go back to your heart. It is based on *The Spiritual Exercises of Saint Ignatius*. Normally, the Ignatian exercises are made in a retreat house, where retreatants work at them full time for thirty days. Saint Ignatius realized, however, that not everyone could take time to do this. So he developed a program for making the exercises at home over a longer period of time.

# THE SPIRITUAL EXERCISES OF ST. IGNATIUS OF LOYOLA

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**Challenge is a thirty-six-week program that divides into four parts:**

- I Challenge (twelve weeks)
- II Decision (eleven weeks)
- III Journey (six weeks)
- IV Victory (seven weeks)

Part three the “Journey” (Jesus’ suffering and death) starts Ash Wednesday Week and spans the Lenten Season (six weeks), and part four the “Victory” (Jesus’ suffering and death) starts Easter Week and spans the Easter Season (seven weeks).

God’s desire is to speak to each one of us. Yet, many of us don’t know how to listen for God’s voice. The first part of the Spiritual Exercises provides a way to develop your prayer life and learn how to better listen to God.

**During this retreat you will have the opportunity to:**

- ❖ Practice meditative prayer using scripture
- ❖ Practice small group spiritual direction
- ❖ Pray about how much God loves you
- ❖ Develop a personal spiritual foundation
- ❖ Learn more about St. Ignatius and the spirituality he developed, and how it fits into your life.

## RETREAT DETAILS

The CHALLENGE Retreat will run 36 consecutive Wednesdays, **beginning September 29 ending June 8, 2010**. The weekly group meeting will start promptly at 7:00pm and ends at 8:15pm. All meetings will be held at the Parish of Saint Matthew Catholic Church, 542 Blue Heron Drive Hallandale Beach, Florida 33009.

For all that meet the minimum requirements upon completion will receive a certificate and will attend a special mass for the CHALLENGE Retreat group.

# APPLICATION FOR CHALLENGE RETREAT

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NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
CELL / PHONE \_\_\_\_\_  
E-MAIL: \_\_\_\_\_

**Your answers will be kept confidential.**

I learned about Spiritual Exercises from: \_\_\_\_\_

1. How do you see God?
2. How would you like to know God?
3. What do you hope to gain from this retreat?
4. What experiences (if any) have you had with spiritual direction?  
(This can include a prayer partner, a directed retreat, or direction)?

I'm willing to commit to daily personal prayer \_\_\_\_\_  
I'm willing to commit to at a minimum 30 or all of the 36 weekly meetings \_\_\_\_\_  
(If you can't make any particular meeting, we'd like to know ahead of time )

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Donation \$25 enclosed \_\_\_\_\_  
Make checks to: **Saint Matthew Catholic Church.**  
**Mail to:** Saint Matthew Catholic Church  
542 Blue Heron Drive  
Hallandale Beach, Florida 33009

(Office) 954-458-1590 (Fax) 954-458-0612  
You can also contact John Monteleon at 754-244-9001 or email [support@saintmatthewcc.com](mailto:support@saintmatthewcc.com).

# NOTES

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