

LIGHTWORKS

Interested in experiencing Ignatian Prayer and Spirituality? A 15-WEEK EXPERIENCE OF IGNATIAN PRAYER

St. Ignatius Loyola developed “spiritual exercises” as a way to help people find spiritual wholeness. These exercises have proven effective for more than 400 years. **LIGHTWORKS** serves as an introduction to the prayers and spiritual exercises developed by St. Ignatius.



LIGHTWORKS consists of fifteen weekly group sessions under the guidance of a facilitator. Seven sessions will be in the fall and eight in the new year. Participants agree to come to each of the sessions, pray for half-hour a day according to the suggested passages, and be willing to share with the group at least some of what happened in their prayer time during the week.

In **LIGHTWORKS**, each session has sharing in small groups based on the prayer of the previous week, time for questions on issues that arose, and a presentation by the facilitator. Participants talk about what happened when they prayed during the week. They develop listening skills, a deepening respect for one another, and a growing ability to recognize God in their prayer and their lives. Toward the end, the scriptures and exercises drawn from the Ignatian tradition are introduced for the coming week. These exercises are beneficial to Christians of all traditions.

LIGHTWORKS is a ministry of St. Francis Xavier College Church. A donation is requested to cover the expenses of the program, but all are welcome regardless of financial limitations. Sessions will be held at Saint Louis University High School starting in October.

Joe Milner, Pastoral Associate for Adult Faith Formation at St. Francis Xavier parish, will facilitate the sessions. Joe has led **LIGHTWORKS** for ten years and is the father of two SLUH alumni. For more information, please contact Joe at joseph.milner@slu.edu or 314-977-7305.

Parents, alumni, and others from the SLUH community are welcome.