

WHAT ARE ...

PRAYER COMPANIONS are provided to individuals who desire to know God better through the practice of daily prayer with Scripture. They help people to recognize and to respond to God's presence in their daily life.

SPIRITUAL DIRECTORS help people to discern new experiences (spiritual, religious or important life events) or to make an important or difficult decision. Spiritual directors are also assigned to people wanting to experience the full Spiritual Exercises of St. Ignatius in the "Daily Life" program.

THE SPIRITUAL EXERCISES are the fruit of a profound conversion St. Ignatius experienced as a young adult. They are structured to foster a heightened awareness of God's love, a deepening of discipleship and vocation, and greater spiritual freedom.

We provide three two-year programs in the formation of spiritual directors.

Generously supported by



for over 20 years.

Other Services...

Library

Five dollars gets you a lifetime membership to one of the greatest selections of books on spirituality in Montreal. Our knowledgeable librarian and staff will guide you through the 3,000 titles available for loan.

Chapel

Open for quiet prayer time during office hours – see below. Mass is celebrated at 11:30 am Mondays to Thursdays.

FOR MORE INFORMATION OR TO BE MATCHED WITH A SPIRITUAL DIRECTOR, PLEASE CONTACT US AT:

The Ignatian Spirituality Centre

4567 West Broadway
Montreal, QC H4B 2A7
514-481-1064

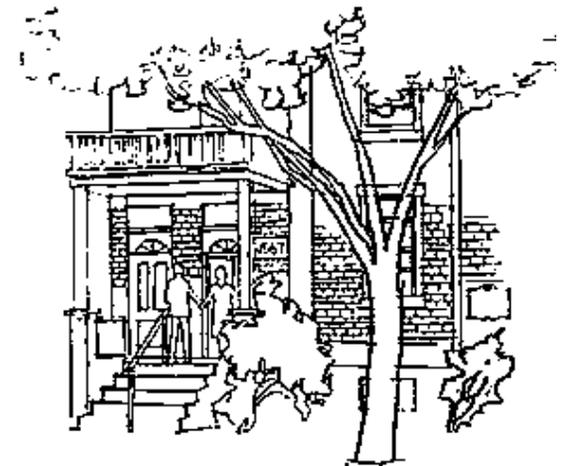
centre@ignatiancentremtl.ca
www.ignatiancentremtl.ca

OFFICE HOURS
Monday to Thursday
9 am – 4 pm



The Ignatian Spirituality Centre of Montreal

**PROGRAMS,
COURSES & SERVICES
FOR INDIVIDUALS
AND PARISHES**



At the request of Bishop Crowley, the Ignatian Spirituality Centre of Montreal, a Jesuit apostolate, was established in 1976 as a non-profit organization.

MISSION STATEMENT

The Ignatian Spirituality Centre of Montreal is a Jesuit apostolate, which offers spiritual direction for individuals, as well as programs for groups and parishes. We are dedicated to bringing the Spiritual Exercises of St. Ignatius of Loyola to those who desire them. The Centre also provides for the training and certification of spiritual directors.

Our services are available to anyone wishing to explore spirituality based in this Christian tradition.

"I have come that they may have life, and have it to the full"
John 10: 10



PARISH PROGRAMS

PARISH VISIT: When invited, a brief, informative presentation will be made by a representative of the Centre, who will also be available to answer questions afterwards.

DAY OF REFLECTION: This retreat format is adaptable to the needs of the parish. The selected theme is supported by Scripture passages. Time for prayer and small group sharing is allotted.

PARISH RETREAT: This retreat is usually offered during Advent or Lent, providing individuals the occasion to share their prayer experiences with a trained spiritual director. Meeting once a week for six to eight weeks, this retreat is ideal for those who desire to deepen their prayer life, to learn to pray with Scripture passages, and/or to develop a relationship with Jesus within their busy schedules.

ARMCHAIR RETREAT is similar to our Parish Retreat, but adapted to young adults and offered at McGill's Newman Centre during Lent.

SEMINARS

The Centre offers two or three seminars a year. These appeal to anyone wishing to deepen their relationship with Christ, be they beginner or mature pray-ers. Topics reflect contemporary issues including aging, discernment, personal vocation, interculturalization, ecology...

COURSES and more...

INVITATION TO PRAYER for those who desire to make prayer a more committed and joyful part of their life. The focus will be on learning to pray with Scripture and *Lectio Divina*, a centuries old tradition in the church, suitable for persons of all walks of life.

ESCAPING THE MESSIAH TRAP will raise awareness of unhealthy patterns in our helping relationships as well as healthy models of Christian service in order to find balance in our busy lives.

LIVING THE DISCERNING LIFE will lead participants to profound insight into the human soul and how this can assist us in understanding and navigating through the ups and downs of the spiritual life.

WALKING IN THE DESERT taps into both modern and traditional spiritual wisdom of the great Christian mystics to guide us through those times when our prayer life seems flat or "boring," when God seems absent.

CONTEMPLATIVE RETREAT IN DAILY LIFE, for those who have formerly been nourished through meditation and prayer with Scripture but are yearning for a simpler, more direct union with God, this retreat just might be for you.