

The Ignatian Spiritual Exercises: Sep 2025 - Jun 2026



Longing for More ...?

Do you desire to more fully experience the depths of God's love for you?

Are you eager for a deeper dive into God's Word, not just knowing more about Jesus, but personally encountering Him in His Word?

Do you long for a richer prayer life and to become more deeply & consistently grounded in Jesus in both your inner life (your relationship with Him) and your outward journey (what you do and how you live out your faith and calling)?

If these questions resonate with you, consider joining the Spiritual Exercises.

What are the Spiritual Exercises?

The Spiritual Exercises were developed in the 16th century by Ignatius of Loyola to help people deepen their relationship with God. During the 9-months long "Retreat in Daily Life", participants pray imaginatively with a variety of Scripture passages for an hour every day (5 days a week) through the following themes: 1) The Unconditional Love of God, 2) Sin & God's Grace, 3) The Life and Ministry of Christ, 4) The Passion, 5) The Resurrection.

The Spiritual Exercises invite you to:

- a 9-months journey aligned with the church calendar (Sept 23, 2025 – Jun 2, 2026)
- 5 hours of personal prayer and meditation on Scripture each week
- excellent supporting video teachings by Bill Zuelke of SoulFormation
- monthly virtual small group meetings for encouragement, guidance & support
- monthly one-on-one individual meetings with Claudia Weiland (spiritual & retreat director)

Cost

\$95 per month / \$850 total (with a sliding scale!), which includes 9 x 1.5h group sessions by Zoom, 10-12 individual 1h direction sessions, and access to Bill's videos. The prayer material, "Befriended by Jesus: The Ignatian Spiritual Exercises" by Dale M Gish is available for \$36 on amazon.ca. If finances are an issue, please talk to Claudia as she would not want cost to keep anyone from being able to participate.

Contact

Claudia Weiland, email: claudiauweiland@gmail.com; text or call: (604)368-1508

"Praying through the Exercises has had a deep impact on my life. I come away with a brand new way to pray and a new way to pray through Scripture. The Exercises have helped me to listen more to Jesus' voice. Hearing Him speak to me is the most precious experience of my life. His presence is fresh and close and I feel deeply loved. He took me on a journey I could never have imagined, delving into places in myself that I didn't know existed. Claudia's gentle questions helped me to see new perspectives and to go back to Jesus for more. She would draw positives from my negatives and completely reframe my thinking with her insights and prayer. This journey has been a life changing experience for me." - (Lynda)