



# All Things Ignatian



# Finding God in All Things



*A Four-Part Lenten Retreat Series*

*Finding God in All Things* is a retreat inspired by the life and insight of St. Ignatius of Loyola. Offered in four sessions, this retreat connects key moments in the spiritual journey of St. Ignatius with poignant junctures of crisis, transition, discernment, and commitment in students' lives. For example, students are invited to examine a "Cannonball Experience," or when they were invited to "Give up the Sword," or when they had a "Cardoner Moment" or when they "Hit the Brick Wall." Often they discover the delight in becoming a "pilgrim learner" along the way, just as Ignatius did when he renewed his vocation as a student and engaged his language studies. In looking at the key moments in their own spiritual journeys, students are invited to learn how to find God in all these sacred "moments," and to commit themselves to God's will.



*Students share and discuss in a small group.*

## Cannonball

After a battle wound – a rather nasty cannonball blast - resulted in a protracted convalescence, Ignatius became the consummate day-dreamer. Simultaneously imagining himself the courtier of a "lady" out of his league, but also enthralled with a "Life of Christ" and a popular collection of "Lives of the Saints," Ignatius found himself experiencing moments of consolation and desolation. Similarly, many students experience a spiritual awakening as a result of some significant transition or crisis. During the "Cannonball" session of the retreat, students have a chance to reflect on their own moments of spiritual awakening



*Students participate in a "Cannonball" activity.*



*Students burn their "baggage."*

## Montserrat

Ignatius began his spiritual journey by making a pilgrimage to Montserrat. He surrendered his sword at the altar of the Virgin Mary and donned the simple clothing of a journeyman. During the "Montserrat" portion of the retreat, students reflect on what "swords" they need to surrender in their own lives, and what baggage they may need to shed to make their own pilgrimages.

## Cardoner

At the river Cardoner, Ignatius had his life-altering insight, more significant for him than all his other experiences of God. Mysteriously, he was awakened to the presence of God in every detail of created reality. During the "Cardoner" session of the retreat, students take time to reflect on seeing and encountering God in the details of their lives, and especially experiencing God in their lives as students on an intellectual and spiritual journey.

## Brick Wall

When Ignatius left Manresa, he intended to journey with his companions to the Holy Land. When sea travel became impossible for the company, and they "hit a brick wall" as it were, the Holy Father asked Ignatius to remain in Rome and tend to the poor and suffering there. It was with this change of plans that Ignatius began educating himself and gathering his friends to make the Spiritual Exercises and to "help souls." This group was the beginning of what would become the Company of Jesus. During the last portion of the retreat series, students reflect on times in their own lives in which they have hit a "brick wall," and reflect on God's call in that context.



*Students choose a sign to represent their spiritual journey.*