

Magis

Ignatian Spirituality Centre of Montreal



Winter 2011

From the Director

A happy and prosperous new year to all!

Passages

As we begin a new year we always look back. 2010 was a year of growth in our ministry and as well as a year of painful loss. The death of Fr John Wickham, former director of the Ignatian Centre, marks the end of an era.

Fr John ministered to priests and empowered the laity. He drew the best out of everyone and responded to negativity and hostility with gentleness and patience. The quality of his attention was such that you felt you were the most important person in the world when he was speaking to you. Some of the qualities that have stayed with me are:

His Humility: he never looked down on people; he always respected you as a person;

His patience and continual encouragement as a teacher: he always put a positive spin on what could be perceived as a student's lack of understanding during class;

His charity: he always expressed an unconditional positive regard towards everyone he met, particularly those who for whatever reason appeared timid or lacking confidence;

His high regard for the spiritual maturity and talent found in the laity of the church: he saw each person as an equal contributor to the overall mission of the church.

His influence was beyond Montreal: it reached out to the 3 surrounding Dioceses and beyond.

Fr John was the one who set the bar in the Centre's formation programs and we are still evolving and growing. Over 300 directors

have now been trained through the programs that he designed, and many are even working in other provinces. So many people, and not just those involved in ministry, have been through the spiritual exercises. Fr John was also a great support to the diocesan priests and he always seemed to be available.

When John left this life on July 7th and entered his heavenly home, I am sure he was welcomed as a good and faithful servant. The reading for his Mass of Resurrection was *The Road to Emmaus*, and seeing as he spent so much of his life teaching others how to attend to that which is holy in the other, it was most appropriate. He taught not only with his great intellect and mastery of language, but just as powerfully with his presence as a person. He taught us how to walk with someone on the road, and how to listen carefully to and recognize Christ in them. He taught us to pay attention to our own experience and to be aware of "when our hearts burned within us."

New Beginnings

In September of last year, we welcomed Fr. Carl Krull to the Centre with his leading our annual retreat (which was very inspiring). He has spent over 50 years in India leading contemplative retreats. Fr Carl has added a contemplative aspect to the centre. He has taken on many directees and is at present giving two daily life "retreat groups" on Wednesday and Thursday evenings. He is open to beginning another this month if there are persons wishing to experience this type of retreat. These retreats run over 20 weeks, and I can personally attest to the help this has been in my own walk with the Lord. We are now celebrating the Eucharist with Fr Carl on Tuesday, Wednesday and

Thursday at 11:30 in our chapel, and anyone who wishes to join us is welcome. He is also teaching in the last segment of our training program, the ongoing spiritual direction workshop.

Upcoming events

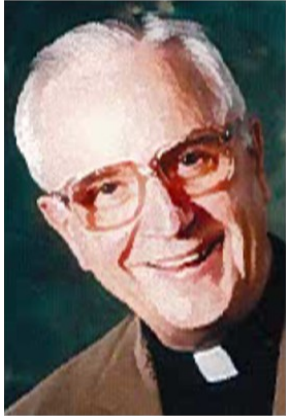
Tim Muldoon, a lay writer and theologian rooted in the Catholic and Ignatian traditions of spirituality is coming to give us an **Ignatian "Workout"** based on the Spiritual Exercises. Tim is a married father of two daughters by adoption. This seminar is open to anyone wishing to know more about Ignatian prayer and the spiritual exercises.

There is also a day for new and experienced pray-ers who may feel their prayer life as flat or boring at times, "**Walking in the Desert,**" with John Carey. This feeling of God's absence can be reflected in our workplace or through the crises in our Church and parishes or in family transitions. What do the mystics have to tell us? This is something we all experience from time to time and this workshop can help whether we are advanced or just starting out.

Back by popular demand, we are offering the one day workshop "**When Helping You Is Hurting Me: The Messiah Trap.**" This workshop explores seven common styles of being a "Messiah," and some of the ways in which we can become more aware of the unhealthy patterns in our helping relationships. Healthy models of Christian service and leadership will be explored with the goal of increasing our awareness about how we make decisions and how to find balance in our busy lives.

Love and Peace of God to all,

Rita Desjardins



Fr. John Wickham, S.J.

Born September 2, 1926

Entered the Society of Jesus

September 17, 1942

Ordained June 19, 1955

Died July 7, 2010

Inside this issue:

From the Director	1
From This Day Forward	2
In the Library	
<i>New:</i> <i>Contemplative Retreat</i> With Fr. Krull	
Seminars / Courses	3
<i>New Mini-Course:</i> <i>Walking in the Desert</i>	
Tip from St-Ignatius	4
We remember...	
Yard & Book Sale Notice	
Have Thine Own Way: Retreat with Fr. Krull	5
Book Reviews	6
<i>Souled-Out:</i> Seminar with Fr. Philip Chircop	7
<i>recollection of Communion:</i> a poem by Jan Jorgensen	8
Armchair Retreat	
Ignatian Publications	
EDITOR Ray Taylor	

UPDATE: *From This Day Forward*

Project is not dead!

In the last issue of the Magis, I had announced a new project, *From This Day Forward*. The plan was to produce a weekly electronic guide to praying the Sunday Gospel in an Ignatian style, based on *Vers Dimanche*, from the *Famille Ignatienne* in France. The goal was to begin publication for Advent 2010, which was to coincide with the renewal of the liturgical cycle (year "A") as well as the much anticipated revision to the common lectionary.

While response to the volunteer call was good, I have to admit that my plan was a bit ambitious! Also the new lectionary has apparently been postponed (yet again), which would mean at least one year's worth of preparation would likely have to be scrapped. And since we do have limited resources and busy schedules (speaking for myself), I decided to postpone the project.

Just the same, anyone who would like to help out by writing or editing the weekly prayer helps can still get involved. There will be approximately 150 weekly bulletins to produce, with 6 short daily prayer helps for each issue. While this might seem like a daunting task, once we get the ball rolling, a single issue of prayer helps should take no longer than an hour or two to write. We would also like a diversity of voices as this will help to keep the bulletin interesting.

To get an idea of the format, visit www.versdimanche.com where you can download a PDF copy or view on-screen the guide or for the upcoming week (the guide in French). You can also sign up to have the guide delivered by email to your inbox every week. Depending on the response from the call for volunteers, I anticipate having our first "editorial" meeting sometime in the spring of 2011. The next step is to produce a style guide and pointers for breaking down a given Gospel passage into daily prayer helps.

For more information you can contact me directly at randomroyalty@gmail.com, or at 514-996-1555.

Ray Taylor

ONGOING BOOK SALE: We have used books for sale! Drop in during regular office hours to check them out!

At the Top of the Stairs...

...a treasure trove awaits!

Up on the second floor of the Ignatian Centre, there is a little-known gem, where a wealth of information, material to help you shine in your study or to nourish spiritual growth awaits. Yes, you got it – it is the **Library**, an often overlooked and untapped resource.

You might have heard of the *Classics of Western Spirituality*, but haven't been able to locate them? Many of them are here, among our many treasures in the library. We also have subscriptions to academic journals that are available for loan. While you are here, check out the latest issue of *The Way* and *The Review for Religious*. Take time for an in-depth exploration of the section on spiritual direction and discover not only the classic *Discerning the Will of God, an Ignatian Guide to Christian Decision Making* by Fr Timothy Gallagher, but unexpected jewels like *Anglican Spiritual Direction* or *Spiritual Direction in the Early Christian East*.

There is a trove of information to support diverse points of view on current "hot" topics like women's issues or bioethics. For example, we have copies of *Bioethics Matters: A Guide for Concerned Catholics* by Moira McQueen, among other titles in this section.

Also did you know that the library can help you in your search for knowledge on subjects like meditation, mysticism, prayer, emotions, healing, and retreats? Are you looking for a vast collection of the works of Merton, Nouwen or Chittister? How about scripture or prayer, or a biography of a saint, mystic, or a pope? If holy women are the object of your quest, we have them. Perhaps we can help you there too.

Now you know what awaits you in this haven on the second floor. Come by anytime during regular centre hours and discover the precious items that we offer!

— Jeanne Ragbir, librarian

New Program at the Centre

CONTEMPLATIVE RETREAT IN DAILY LIFE

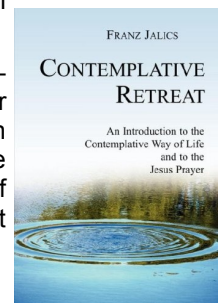
Facilitator: Father Carl Krull, S.J.

This new retreat format is meant for people who are already convinced of God's great love in their lives, but are seeking a deeper and more direct personal union with God. It is a joy to see the grace of God at work, and word is out that Fr Krull is a terrific retreat master!

The ongoing contemplative retreat now consists of two groups who meet once a week for mutual support, encouragement and guidance. There is still room for another group to begin a 20-week program starting in the New Year. Depending on demand there will also be a possibility for a retreat group in the summer.

Father Krull also has a person who is devoting four to five hours daily to silent contemplation and goes in for an interview every day. This accelerated format means the retreat will be completed in ten days. Those who feel drawn to this format are welcome to apply.

Note that the book being used for the ongoing retreat, *Contemplative Retreat* by Fr Franz Jalics, is available for purchase on Amazon through our website and at the centre. Keep in mind that a percentage of sales through the website goes to support the centre!



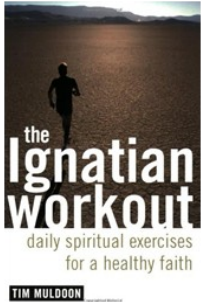
"I have come so that they may have life and have it to the full."

John 10:10

SEMINARS/WORKSHOPS SPRING 2011

THE IGNATIAN WORKOUT

At the heart of Ignatian spirituality is a humble Spaniard's suggestion: *Through our desires we can discover God as the author of the desires that will lead us to happiness.* Ignatius offered the Spiritual Exercises as a way of coming to discern the roots of desire, and to recognize when a poorly formed desire, like a seed on rocky ground, might spring up but later wither. This seminar will explore Ignatian spirituality as a way of learning the process of discerning our desires. Its goal is to help participants understand Ignatius' understanding of the spiritual life, and the practices he suggested for coming to greater awareness of the way God moves us through our desires.



Date: March 18th-19th, 2011

Timothy Muldoon is a writer and theologian rooted in the Catholic and Ignatian traditions of spirituality. He teaches in the Honors Program at Boston College and serves there in the office of University Mission and Ministry.



SUPERVISION



The work of supervision is critical to the ministry of spiritual companionship as it helps us explore, identify and respond to the movements evoked in our own heart in the ministry of companionship. This weekend, we will explore and practice the contemplative-evocative method of supervision which is adaptable in a one-on-one and group setting.

Date: May 6th & 7th, 2011

Damian Zynda, Th.D is an experienced spiritual director and supervisor who has directed retreats in Canada and the US.

WALKING IN THE DESERT — a mini-course open to all

Facilitator: John Carey

New and experienced pray-ers may feel their prayer life as flat or “boring” at times. The saints often called it the “desert.” This feeling of God’s absence can be reflected in our workplace or through the crisis in our Church and parishes or in family transitions. What do the mystics, both modern and traditional, have to tell us? This workshop will tap into the traditional spiritual wisdom of the Desert mothers and fathers — John of the Cross, Teresa of Avila — and the experience of more contemporary writers such as Kathleen Norris, Robert Wicks, Thomas Merton and Henri Nouwen.

Date: Feb 26th, 2011

Time: 9am - 3 pm

Cost: \$40

NEW

WHEN HELPING YOU IS HURTING ME

MESSIAH TRAP

a mini-course open to everyone!

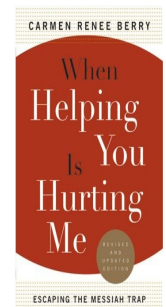
Facilitator: Cathie Macaulay

This workshop explores 7 common styles of being a “Messiah” and some of the ways in which we can become aware of unhealthy patterns in our helping relationships. The course also looks at healthy models of Christian service and leadership. In an interactive way, students will explore the balance in their own lives of service, and increase awareness of how to make decisions and find balance in their busy lives.

Date: May 14, 2011

Time: 9 am-3 pm

Cost: \$60



TO REGISTER for any of these courses, please contact the centre at 514-481-1064 or centre@ignatiancentremtl.ca.

Tip from Ignatius...



Dear Ignatius,

I have been directing several people during the past three years. Recently, one of my directees with whom I meet every two weeks, has started to contact me in between appointments, seeking clarification concerning Scripture passages or other readings I have suggested. Sometimes the person wants to share insights or experiences that are happening and just "can't wait" until the next scheduled appointment. I've noticed that the conversation frequently moves into areas unrelated to spiritual direction. I'm feeling uncomfortable with this situation. What advice can you give me?

Alexis

Dear Alexis,

It's often better to err on the side of restraint by establishing clear boundaries than act out of a misguided desire to be

available and helpful. It is of utmost importance that spiritual directors set boundaries for the good of the proper development of the director/directee relationship.

It is good that you have become attentive to the disturbance this situation has created in you. This might be a timely moment for you and your directee to re-focus on the purpose of spiritual direction. Gently remind your directee the relationship that is developing is between them and God and that the director is but a loving, listening, discerning guide. Therefore it is necessary for the director to set boundaries.

Perhaps you could suggest that meeting weekly would be more beneficial at this time. If you are again contacted between appointments, encourage the person to make note and bring to the Lord in prayer, any questions, concerns, disturbances, graced moments. This would be a good preparation for the next meeting with you.

May the Lord bless you in your ministry,

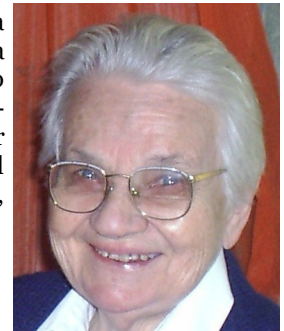
Ignatius



Laura Cornett, pictured left, July 5, 2010, accredited May 24th, 2007. Her training as a spiritual director made her very effective in her work as a pastoral caregiver at the Montreal Children's Hospital.

Fr. John Wickham, S.J., July 7, 2010. Please see the Director's Editorial, front page.

Sr. Edna Dolan, SMR, pictured right, November 5, 2010. Sr. Edna was a "petite woman" of "great stature." She spent many years teaching in Africa, a vocation that she loved. Upon her return to Canada, she pursued formation to become a spiritual director. This was in line with the spirituality of her Congregation, which considered that "The Spiritual Exercises of St. Ignatius are for us a school of prayer, contemplation, and discernment for mission." This joyful woman was ever present at activities sponsored by the Centre, the Archdiocese, and various parishes. Sr. Edna had experienced 65 years of religious life.



Ernie Hallinan, pictured left, October 5, 2010. He was devoted to service to the poor. He attended Mass regularly at the Centre, and is remembered as a very generous-hearted man.



We Remember...

Yard and Book Sale

We need your stuff and your help! We accept gently used items such as books, housewares, etc.

All items can be dropped off at the centre, Mon. to Thurs., 9 am to 4 pm. Thank you!

WOULD YOU LIKE TO BE MATCHED WITH A PRAYER COMPANION OR SPIRITUAL DIRECTOR ? FEELING CALLED TO BEGIN THE EXERCISES OR TO ACCOMPANY OTHERS?

Prayer companions are sympathetic listeners rather than problem solvers. They will help you recognize and respond to God's presence in your life. By contacting the Ignatian Centre you will be put in touch with a prayer companion who can teach you to pray with the Scripture passages.

“Have Thine Own Way, Lord”

With Retreat Master Father Carl Krull, S.J.

On Friday, September 24, 2010, a number of spiritual directors and other pray-ers gathered at Manoir d’Youville, on Ile St-Bernard in Chateauguay, for a weekend retreat sponsored by the Ignatian Centre. This retreat was a combination of quiet contemplation as well as teaching sessions for spiritual directors. Our leader was Fr Carl Krull, S.J., who recently returned to Canada from northern India where he had taught, directed, and been a retreat master for 52 years.

Interestingly, he did not provide any scripture or set meditation texts to use. Fr Krull explained it this way, smiling: “If you and a friend are sitting in a room in the evening, and your friend points toward the window to share the sight of the rising moon, do you keep staring at his finger and his hand? You might do that at first, but at some point you turn your attention to where he is directing you. Just so, Holy Scripture is given to us to point us beyond.”

This was the way we were introduced to the systematic practice of awareness. Reprinted below is the prayer that opened the teaching sessions:

Have thine own way, Lord.
Have thine own way.
Thou art the potter,
I am the clay.
Mold me and make me
After Thy will
While I am waiting
Surrendered and still.

Fr Krull began with this version of the Principle and Foundation of the spiritual exercises: “Whatever is useful, we put to full use. Whatever hinders, we ask for the freedom to put aside. To allow God to lavish his favours on us, we must centre all our

hopes, loves, fears and grief on the Lord.” The aim of the retreat was to centre fully on God, or, in the words of Catherine de Hueck Doherty, “to forget our superficial selves and allow God to reveal to us who we really are.”

Like Abraham, Moses, John the Baptist, Jesus, St. Augustine, and St. Ignatius, we were invited to experience the desert [of our retreat] as a place that serves to empty us of attachments and allow God to take deeper hold of us. “If emptiness is God’s natural place,” Fr Krull said, “all forms of emptiness and poverty attract God. So our prayer should be empty, it should culminate in surrender, love, and praise. Loving attention to God—active contemplation—will in God’s own time be transformed, but this timing is not ours to request or create. God will do this self-emptying in us if we allow Him. “We are cherished and loved. We don’t need to seek approval. Our adequacy is in knowing we are loved.”

During all of Saturday we practiced this method of developing awareness. We tried to enter more deeply into awareness, starting with sensory perceptions, and continuing with the hope of awakening our spiritual senses. Breathing in and out, slowly, we were receiving God’s presence, and receiving silence itself as revelation while asking ourselves, “Where is God most present to me?” We walked outdoors, enjoying the blessings of creation, in the presence of God, in the present moment.

Of course, our group of Ignatian-trained directors had many questions about this method.

Q. What about distractions?

A. Distractions give us many opportunities to turn again and come

to God. The mind is made to jump here and there. We might simply ignore it while we are at prayer, but if we accept its coming and going, we awaken a deeper level of consciousness.

Q. How do we know that we or another person are ready to move to this kind of prayer?

A. St. John of the Cross gives three points. (1) Has your imaginative prayer with scripture dried up, little by little? And has your interest in other frivolities and attachments also dried up? If the answer is yes to both cases, this is a good sign. (2) Along with that, is there a painful anxiety? This, too, is a good sign. Yet you must at the same time not give in to the anxiety. (3) God might be working at a deeper level in you. We can tell this because over a period of time you notice changes in yourself. For instance, the fruits of the Spirit.

Q. Would this method suit some beginners?

A. It’s always possible. Yet it’s also important to make sure we are not avoiding something.

Q. How do you do discernment with this kind of contemplative prayer?

A. Ask, “Am I with God, or with myself? Am I ready to suffer with love whatever comes?” The most frequent error is self-preoccupation.

In my notes from the retreat, the last words I wrote were another quote from Fr Krull, “When you are praying, don’t worry about arrival. It is sufficient to be on the way. Just stay on the bus.”

— Vivian Lewin

Book Reviews

The Jesuit Guide to (Almost) Everything

A Spirituality for Real Life

by James Martin, S.J.,
Harper Collins, 2010

I approached this book with a certain amount of amusement and a rather large dose of scepticism, wondering how the author will convince me that he figured out the way to guaranteed enlightenment. Of course the tongue-in-cheek title is meant to be provocative, and perhaps in so doing it might sell some books! The boldness of the main title is mitigated somewhat by a more modest subtitle: "A Spirituality for Real Life." An ambitious project, but the author does indeed deal quite comprehensively and coherently with major themes of the spiritual life in a very user-friendly, often humorous language, one that even a reader uninitiated with Christian spirituality would find hospitable and quite easy to understand.

For those who have found various aspects of the Spiritual Exercises somewhat foreign or obscure, Martin displays a remarkable knack of showing their relevance to modern day life. Using many concrete and engaging examples of struggles in his own life and that of others, a healthy dose of self-deprecating humour, a sprinkling of some surprising 'inside' Jesuit jokes, and much sound wisdom deftly offered with a light touch, he draws the reader into a joyful appreciation of the spiritual journey. Martin also deals forthrightly with such difficult issues as obedience, suffering, chastity, and downward mobility. In the end, one comes away with a profound sense of the holiness and joy of living out Ignatian spirituality as a wholesome affirmation of the world and of everyday human existence.

The most unique chapter is at the beginning of the book, "Six Paths to God." Here Martin addresses the question of the many different ways in which people seek God, either from an approach of belief or disbelief, and everywhere in between. His description of these six paths rings true and it fills us with wonder at how God will seek out the human heart no matter where it is.

Of particular interest to spiritual directors is how the author skillfully interprets and elaborates the meaning of the essential prayer components of the Spiritual Exercises within the context of contemporary life, often illustrated by down-to-earth situations that we all encounter. These illustrations may also prove helpful to those who are actually praying through the Exercises.

Martin's book is a goldmine of anecdotes and wisdom. It offers lively and often profound insight into Ignatian spirituality, all the while creating in the reader an appreciation and eagerness for the spiritual journey.

— Paul Empsall

Call to Love

Meditations

By Anthony de Mello, S.J.

Anand, India, Gujarat Sahitya Prakash, 1992

This little book of 31 meditations aims to bring us to true love without the guilt that is so often associated with it. Father de Mello has succeeded in this goal. His emphasis is to help us to see. See ourselves, see nature, see things and other people for what they really are instead of fixing our own or society's labels on them. Seeing them for what they really are allows God to reveal to us His truth about them.

What I can say is that the meditations work. One day last week, I was feeling tension at work. Remembering the morning meditation encouraged me to take the time to become aware of the situation in order to allow my thinking to change. When I did that, I felt encouraged to continue what I was doing... free of tension!

I encourage anyone who is busy and feeling stuck to begin doing the meditations that de Mello suggests. What he says is revolutionizing my way of looking at life. It is a process, but de Mello gives us very practical exercises to do during our day to give us hope that true love is possible. While I don't (yet) agree with all the author says, there is so much wisdom in what he tells us that I plan to let the Spirit guide me in how to use it.

— Wilfred Buchanan

Souled-Out: A Gentle Invitation to Re-Creation

October 2010, with facilitator Father Philip Chircop, S.J.



Life in this day and age is too busy; we do not seem to stop. Even when people take vacations, they fill their time with activities, and often return in need of a break! Yet the word vacation means empty, which is to empty ourselves not only of our stress and pain from our labours, but to empty our minds as well. If we don't allow God to speak to us now and again we become sad, bored and without energy. We become "souled out."

Father Chircop began the workshop on Friday evening with an exhortation for us to have fun, and he asked us to play. For him, "playing" and "praying" are closely related. We were to relax and have fun, and fun we had!

The main theme of the workshop was that we needed silence to be aware of God's presence. But silence is not just the absence of sound, but the emptying of the mind and becoming aware of our physical being, as it is the sound of the soul that we are trying to listen to. We were told that silence has many benefits. It can save us from being judgmental, unkind, and of course can bring peace to our hearts.

To close off the evening, Father Chircop gave us four points for overnight reflection. Where are you? What are you looking for? Who are you looking for? And finally, *Do you want to get well?*

On Saturday, we were given a handout with an outline of the day's activities. These were **Centering** and **Silence** in the morning, then **Singing, Dancing** and finally **Story** in the afternoon. We were asked the question of what it means to be souled out. What are my basic preoccupations in my life right

now? What is draining me of energy and spirit? This was followed by a story of a member of an aboriginal tribe who went to visit a shaman (medicine man) because life was no longer engaging, what we refer to as desolation. The shaman asked him, "When did you stop being a friend of silence? When did you stop singing? Dancing? When did you stop being enchanted by stories, your own story and the story of others?"

Centering: We learned that the goal of centering was moving from multitasking to unitasking, which means being fully invested in one task at a time, and to be in the present moment.

Silence: An important step in the process of re-souling ourselves. Being a "friend" (e.g. of silence) means to have the desire. There is an *internal silence and an external silence*.

Singing: St. Augustine said that, "He who sings prays twice." Anything that comes from deep within you (is valuable). Singing is like poetry; it is about expressing our truths.

Dancing: We move from the voice to the body. Am I aware that as I live my life God is my dance partner? We were born to dance, to move.

Story: Henri Nouwen said that when you start telling your story you will be surprised to discover that your story is everybody's story. We need to tell it and we need to hear it.

We ended this wonderful day with a handout and 10 tips for "re-souling". Father Chircop gave us a great gift: we were given permission to be ourselves and to be free.

Father Philip Chircop came originally from Malta where he joined the Jesuits. He came to Canada for six months and ended up staying for thirteen years.

— Elizabeth Pilley

If you —or somebody you know — can help out on a regular or periodic basis with:

- Mailings
- Building maintenance
- Raking leaves
- Database updating
- Website & newsletter tasks:
 - * artwork,
 - * writing, etc.

... we'd love to hear from you!

ALSO, we continue in need of a **Volunteer Coordinator** as well.

BUT for all those that do consistently make themselves available, we

Thank You

**V
O
L
U
N
T
E
E
R
S

N
E
E
D
E
D**

recollection of communion*I have seen*

how the voices join and
swell like the sea-blue wave but

what you want

to know is why it breaks –
the impassioned singing –
the wave spilling over

it is there

standing on the pew –
peering over shoulders
that I see the altar and wonder
what the words really are –
my voice follows the liturgy's crescendo
and then I am falling
into love - sharing

a Beloved

with God who is well pleased –
inwardly I am aching to embrace
the vast heart
of infinite tenderness.

Jan Jorgensen

Recalling my experience as a young child during the liturgy, this is a poem conversation with St. Catherine of Siena's *Consumed in Grace* which ends:

I have seen what you want; / it is there, / a Beloved of infinite / tenderness.

Jan Jorgensen is a minister of the United Church of Christ who is currently participating in the Prayer Companion Program at the Centre. She may be reached at revjjorgensen@yahoo.com or 514-721-8420.

Upcoming Celebration!

400th anniversary of the Jesuits' arrival in
Port Royal, NS, May 11, 1611.

Please check our website regularly for updates.

Ignatian Publications**BOOKS, by Fr John Wickham, S.J.:**

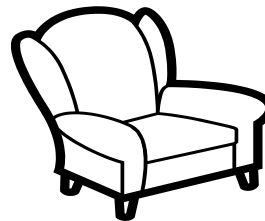
Prayer Companion Handbook	\$17.00
The Communal Exercises (Part A)	\$20.00
The Communal Exercises (Part B)	\$22.00
The Real Presence of the Future Kingdom	\$14.00
The Common Faith	\$16.00
When The Going Gets Tough	\$12.00
How To Pray With Scripture: A Book For Beginners	\$20.00

BOOKLETS:

Confirming an Election Through the Experience of the Cross	\$ 3.00
Praying the Gospels: An Invitation to Discipleship Both by Joseph Cassidy	\$ 3.00
Finding God in All Things By Cathie Macaulay	\$ 3.00

The Magis is now available online
at www.ignatiancentremtl.ca!

Check out earlier editions, under Publications, as well as our Bookstore.

**ARMCHAIR
RETREAT**

The Ignatian Centre will once again be offering students from the Newman Centre the opportunity to journey with a prayer companion for the seven weeks of Lent.

Directors who have accompanied students in the past have usually found the experience to be rich as the students discover praying with scripture, journaling and sharing their prayer experience. The commitment involves a meeting at the Newman Centre with all the retreatants and their directors at the beginning and the end of the lenten retreat.

The weekly meetings are arranged between director and student and can take place at a mutually agreed upon location. The Newman Centre is always available. If you are interested in participating as a director or a student please contact the Ignatian Centre at 514-481-1064 or Jackie Cere 514-489-2921.

**Ignatian Spirituality Centre of Montreal**

4567 West Broadway, Montreal, Quebec H4B 2A7
Mon.day to Thursday, 9 am to 4 pm.

Supported by The Pillars Trust

Phone: 514-481-1064, Fax: 514-481-2060

Email: centre@ignatiancentremtl.ca Website: www.ignatiancentremtl.ca