

July 2008

Greetings,

Thank you for your interest in the *Spiritual Exercises* directed and preached by the Priests of *Miles Christi*, our Religious Order devoted to the sanctification of the laity. The *Spiritual Exercises of St. Ignatius* are a **silent retreat**, according to the method of St. Ignatius of Loyola. Praised by Popes and saints throughout the centuries, the *Spiritual Exercises* are an **excellent** means of sanctification.

As our well-remembered Pope John Paul II expressed, “the *Exercises* are, in fact, a set of meditations and prayers in an atmosphere of contemplation and silence, and, above all, **a special interior impulse** – deriving from the Holy Spirit – to open ample spaces of the soul to the action of grace.” The highest quality of the *Exercises* lies in the power they have to lead a man to the very summit of prayer and divine love. This is proved, through experience, by the changes in moral conduct that a single Ignatian retreat has affected in the lives of thousands of people throughout history. Among the saints, St. Charles Borromeo was led by the *Exercises* “to adopt a more perfect form of life,” St. Francis de Sales “to serve God with the greatest possible fidelity,” and St. Teresa of Jesus to become “the lover of lofty contemplation.”

This silent Ignatian retreat comprises spiritual conferences based on the Book of the *Spiritual Exercises*, time for personal meditation, daily Mass, Eucharistic Adoration, and other spiritual devotions. The Priests of *Miles Christi* will offer the Sacrament of Confession and be available for personal spiritual conferences.

We begin on **Friday, November 7, 2008, at 5:30 pm** with the Rosary and Mass. The last event is Sunday Mass that will end by 4:30. The *Shalom Retreat Center* is located in Dubuque, Iowa. Directions are available. The fee of **\$150** is as low as we can possibly make it. This includes a \$50 non-refundable deposit, participant room and board, facility rental and retreat expenses, and the preachers’ room, board and traveling costs. No preacher stipends are taken into account. The retreat assistants will be available to receive any balance due upon your arrival at the retreat facility.

As co-chairs of Springtime of Hope® Colleen and I are handling arrangements, from registration to special dietary or other needs. **If interested in participating in this retreat, please mail the registration form and deposit to Springtime of Hope. Its submission will reserve your spot.** If you are flying to Iowa, the closest airport is Dubuque Regional Airport (DBQ). If you need a ride from the airport to the retreat house, please let us know.

If you must cancel at the last minute, then **please** contact Colleen at (563) 583-6117 or email springtime@springtimeofhope.org so that we might be able to accommodate someone from the waiting list.

If you decide to attend this conference, you should bring along your Bible, rosary, and a notebook, as well as toiletries. The retreat house provides towels and bed linens. If you want to find out more about Springtime of Hope, please visit our website at www.springtimeofhope.org. If you want to find out more information about *Miles Christi* and their nationwide *Spiritual Exercises* apostolate, please visit their website at www.mileschristi.org.

Registration is limited to about 40 people so please register early. We ask you to pray for the success of this retreat and to invite others to attend. We are confident that you will draw abundant spiritual fruits from these heavenly days. Be assured of our prayers as you prepare with enthusiasm for this silent Ignatian retreat.

Sincerely yours in Christ,

Ruth Becker
Retreat Coordinator
Co-Chair
Springtime of Hope®
3089 Spring Valley Road
Dubuque, IA 52001