

# Ignatian Silent Retreat

## *The Annotations: Guidelines for Spiritual Life*

### October 11-13, 2019

The *Spiritual Exercises* of St. Ignatius of Loyola begin with twenty-two “Annotations,” introductory notes that set forth some basic presuppositions and guidelines intended to help people engaged in doing the Ignatian Spiritual Exercises. These “Annotations” are not only essential for retreatants and retreat directors; they can also be helpful for all people in living our daily lives, deepening our relationship with God, and improving our interactions with others.

The core Annotations are prefixed by the *Anima Christi* (“Soul of Christ”), a favorite prayer of St. Ignatius, and followed by the “Principle and Foundation,” a concise summary of the purpose of our human lives. In between we find very useful advice about the importance of openness and generosity in our dealings with God, of charity and good will in our dealings with other people, and of honesty and integrity in dealing with ourselves. Ignatius also explains some basics about prayer (meditation and contemplation), about interior spiritual movements (traditionally called “consolation and desolation”), and about the discernment of spirits as we seek to discern God’s will in our lives. He also makes some brief comments about times and places conducive for prayer and about the proper relationship between a retreatant and a spiritual director.

In this weekend retreat, Fr. Just will help us see how the spiritual wisdom of St. Ignatius, as expressed in these “Annotations” to the Spiritual Exercises, are also directly applicable or easily adaptable for the rest of our lives, not just times of “retreat.” They can help us in very practical ways in our daily living with God, with ourselves, and with other people on a day-to-day basis. The retreat format will include a combination of large-group presentations, time for individual prayer and reflection, communal liturgies, and some opportunities for some small-group faith sharing (optional) and/or for brief individual conferences with Fr. Just.



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**Fr. Felix Just, S.J.**, is a member of the "Jesuits West USA Province" of the Society of Jesus (the Jesuits). After receiving his Ph.D. in New Testament Studies from Yale University, he taught at Loyola Marymount University (Los Angeles), the University of San Francisco, and Santa Clara University. He then served many years as Director of Biblical Ministries and as Executive Director of the Loyola Institute for Spirituality in Orange, CA, and as Dean of the Lay Ecclesial Ministry and Deacon Formation programs of the Diocese of Las Vegas. He still regularly teaches courses for the "Ecclesia" program of Mount Saint Mary's University (Los Angeles), and the Catholic Bible Institutes of several dioceses in California and Arizona. He gives many public lectures on a wide variety of biblical and liturgical topics, and often leads biblically-based days of prayer, parish missions, and weekend or week-long retreats. He is a member of the editorial board for revision of the New American Bible, and an active member of the Catholic Biblical Association of America. He has produced seven audio-CD programs with Now You Know Media, and also maintains his own large internationally recognized website of “Catholic Resources” (<http://catholic-resources.org>).

**For more information on this retreat and a registration form,**  
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**or 520-234-2140, or 3128 Pebble Beach Dr., Sierra Vista, AZ 85650**  
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