



20 East Avenue  
Fairport, NY 14450

[Date]

[Name]

[Street Address]

[City, State, Zip]

Dear [Name]:

Thank for your interest in the Spiritual Exercises of St. Ignatius of Loyola in the 19<sup>th</sup> Annotation format. The retreat consists of 30 weekly two-hour sessions beginning in September and ending in May. Each session consists of a teaching, small group sharing and an individual meeting with a trained Prayer Guide.

Enclosed are three documents for completion with respect to the retreat:

- Application Form. Please note that there is a \$25 application fee. Checks may be made payable to *Church of the Assumption/Spiritual Exercises*.
- Application Questionnaire. This questionnaire serves two purposes. First, use it to help you collect your thoughts as you work through the decision-making process. Second, one of the pivotal elements of the Exercises is the time you will be spending one-on-one with your Prayer Guide. Your responses to the questionnaire, along with our personal interview, will help me in selecting the best Prayer Guide for you.
- Recommendation Form. People around us often see graces in us that we overlook (or feel too humble to mention). Consider the recommendation as another way for me to learn more about you. Please ask the individual completing your recommendation to return the document directly to me at the Church.

Because there are a number of steps after application, response at your earliest convenience is appreciated. You may either return everything through the mail, or drop off your envelope at the Church office. Once I have all three documents in hand, I will call you to arrange for our personal interview.

In addition to the application fee, there are two other costs: the retreat book (approximately \$25); and a participation fee of \$750, payable in installments. Be assured that our desire is to

share this wonderful retreat with everyone who wishes to participate. If this fee is of concern, please contact me.

I will be praying for you as you make your decision about this incredibly exciting spiritual journey. If you have any questions, please, give me a call at 203-1271 or email me at [dlindsay17@rochester.rr.com](mailto:dlindsay17@rochester.rr.com).

Blessings,

Dorothy Lindsay

Enc.



## **RETREAT READINESS INFORMATION**

### **WHAT IS THE 19<sup>TH</sup> ANNOTATION RETREAT?**

The 19<sup>th</sup> Annotation Retreat is one adaptation St. Ignatius designed for persons who desire to make the Spiritual Exercises. It is a way to pray through the Spiritual Exercises day-by-day over a period of 30 weeks instead of 30 consecutive days at a Retreat Center. Through contemplation of Jesus in his human life, the Retreatant comes to a deeper relationship with Jesus, and a deeper sense of his/her own life and what God desires. The Spiritual Exercises are privileged moments in the long spiritual friendship and conversation between the Retreatant and God. This retreat is commonly called “The Retreat of Daily Life.”

#### **COMMITMENT**

##### **To grow in relationship with Christ and Christ’s mission through**

- Weekly meetings with a trained Prayer Guide
- Shared faith with other Retreatants
- Commitment to daily prayer and Scripture
- Journaling the daily prayer experience
- Guidance in discernment and decision-making
- Acceptance of the challenge to become a more faithful follower of Christ

#### **QUALIFICATIONS**

##### **A prayerful life with a desire for the discipline of the Spiritual Exercises**

- A desire to pray with Scripture
- Ability to articulate one’s prayer experience to a Prayer Guide
- Recommendation of a spiritual advisor or close friend familiar with the Spiritual Exercises
- Emotional and psychological health
- Ability to meet the time commitment
- Desire to grow in relationship with God

#### **RECOMMENDATION**

The nature of this Retreat is such that we ask you to obtain a letter of recommendation (*the form is in the Application Packet*) from a close associate, spiritual advisor or pastoral leader who is familiar with the Spiritual Exercises, who knows you well, and who has a sense of your readiness for this Retreat experience. **Please ask the person submitting your Recommendation to return the form directly to Dorothy Lindsay (*address is on the recommendation form*).**

March 2013



## Spiritual Exercises Application Form

Date \_\_\_\_\_

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

DOB \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

(C) \_\_\_\_\_

Email Address: (H) \_\_\_\_\_

(W) \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

(C) \_\_\_\_\_

Employer:

\_\_\_\_\_  
\_\_\_\_\_

Family Information (Spouse, children, etc.):

---

---

---

What is your parish/church affiliation?

---

---

Do you have any medical condition or physical limitations we should be aware of?

---

---

I prefer the: \_\_\_\_\_afternoon session      \_\_\_\_\_evening session

My recommendation is being sent by:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone Number \_\_\_\_\_

*Please send your Application Form, Questionnaire and \$25 Application fee (checks made payable to Church of the Assumption) to:*

*Dorothy Lindsay  
Church of the Assumption  
20 East Avenue  
Fairport, NY 14450*



4. What are some of your favorite Scriptures? What is it that touches you about them?

5. Briefly describe how, when, where, and why you pray.

6. Do you have the time, energy and commitment to do the Spiritual Exercises at this time?



7. Can you briefly tell me about a few significant events or challenges in your life?

8. What do you think is important for me to know about you when I am choosing your Prayer Guide?

9. What is the biggest question you have about the Spiritual Exercises?



## Recommendation Spiritual Exercises of St. Ignatius: 19<sup>th</sup> Annotation

We ask everyone applying for the Spiritual Exercises to request a recommendation from a spiritual advisor, close friend, or associate. Please, respond to the following questions, giving any information you think will be helpful in knowing more about the applicant. What you provide me will be treated as **confidential**.

Please send the completed recommendation to:

Dorothy Lindsay  
Church of the Assumption  
20 East Avenue  
Fairport, NY 14450

Because this recommendation is an important piece of the application process, I would be grateful for a prompt return. Just in case you are not familiar with the Exercises of Ignatius, I have included a brief description at the end of the form. And, of course, please don't hesitate to contact me if you have any additional questions (telephone: 585 203-1271, email [dlindsay17@rochester.rr.com](mailto:dlindsay17@rochester.rr.com)).

On behalf of the applicant, thank you for your attention to this request.

Dorothy Lindsay  
Spiritual Exercises Coordinator

---

**Retreat Applicant's Name** \_\_\_\_\_

**Your name as Recommendor** \_\_\_\_\_

**Relationship to Applicant** \_\_\_\_\_

**Your telephone number** \_\_\_\_\_



## **What is the 19<sup>th</sup> Annotation Retreat?**

The 19<sup>th</sup> Annotation is one adaptation of Ignatius's Spiritual Exercises. It allows the retreatant to pray daily over a period of 30 weeks instead of doing the retreat in the traditional 30 days. Commonly called "The Retreat of Daily Life," it allows the retreatant to contemplate Jesus in his human life, come to a closer relationship with Jesus and gain deeper awareness and insight to see his or her own life in light of what God desires.

### **Commitment: To grow in relationship with Christ and Christ's Mission through:**

- Weekly meetings with a prayer guide
- Shared faith with other retreatants
- Commitment to daily prayer and Scripture
- Journaling the daily prayer experience
- Guidance in discernment and decision-making
- Acceptance of the challenge to become a more faithful follower of Christ

### **Qualifications: A prayerful life with a desire for the discipline of the Exercises**

- Ability to articulate one's prayer experience to a prayer guide
- Desire to pray with Scripture
- Recommendation of a spiritual advisor, close friend or associate
- Physical, emotional and psychological health
- Desire and ability to meet the time commitment
- Desire to grow in relationship with God