

Contact us for more information or an application form:

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APPLICATIONS DUE AUGUST 31

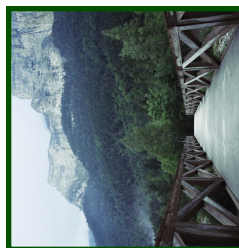
The total cost for the program is \$300 (includes books and materials).

A \$25 non-refundable fee is required with completed application. Checks should be made out to MAR-CLC.

Payment plan and scholarships available

May it please the supreme and divine Goodness
to give us all abundant grace
ever to know his most holy will
and perfectly to fulfill it.

-St. Ignatius of Loyola

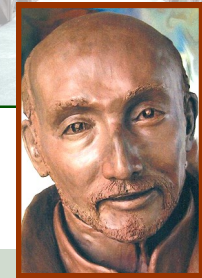


Bridges Program
c/o Al and Kathy Yarzebinski
211 Indiana Drive
Glenshaw, PA 15116

Is God calling you
to the next step in your journey?

BRIDGES PROGRAM

September 2023 — May 2024



THE SPIRITUAL EXERCISES
OF SAINT IGNATIUS OF LOYOLA,

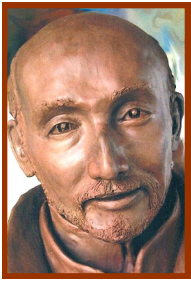
...in everyday life
for busy people!

AN ECUMENICAL PROGRAM

Information Session on August 20

At 1:30 PM

Hosted at Sacred Heart Church, Bishop Winter
Room, 310 Shady Ave, Pgh, PA



St. Ignatius of Loyola wrote the *Spiritual Exercises* to assist people in deepening their faith and finding God in all things, through a concentrated experience of 30 days. Ignatius also wrote

instructions that showed how the *Spiritual Exercises* could be used in every day life.

BRIDGES

Following the 19th Annotation version of the *Spiritual Exercises* of St. Ignatius, this “retreat in the midst of daily life” helps busy people build a bridge to:

Prayer

Develop your relationship with Jesus while creating a lifelong habit of personal prayer.

Spirituality

Grow in gospel values by learning how to put on the mind and heart of Jesus.

Community

Discover your place in the communion of saints and be guided by a prayer companion.

Mission

Learn the practice of spiritual discernment that reveals your personal calling.

This 9-month program asks for a steady commitment of time and energy:

Daily

Personal prayer in accordance with the *Spiritual Exercises*. (A total of 30-60 minutes a day is encouraged.)

Weekly

Weekly contact with your Prayer Companion, in-person, face-to-face virtually, by phone. (Day, time and place is mutually agreed upon by you and your partner.)

Alternate Sundays

Instructional and faith-sharing sessions with your fellow retreatants (1:30 – 2:30 p.m.), and an individual meeting with your Prayer Companion (2:30 – 3:30 p.m.) at Sacred Heart Church, 310 Shady Ave., Pittsburgh, PA, 15206, on the following dates:

Instructional

September 10, 2023

October 8, 2023

November 5, 2023

December 3, 2023

January 21, 2024

February 18, 2024

March 17, 2024

April 21, 2024

May 19, 2024

Faith-Sharing

September 24, 2023

October 22, 2023

November 19, 2023

January 7, 2024

February 4, 2024

March 3, 2024

April 7, 2024

May 5, 2024



Take, Lord,
And receive all my liberty.
My memory,
My understanding
And my entire will.
All that I have and possess.

You have given all to me.
To you, Lord, I return it.

All is yours;
Do with it what you will.

Give me only your love
And your grace.
That is enough for me

From the *Spiritual Exercises* of St. Ignatius

*BRIDGES is a ministry of the
Christian Life Community*