

The First Spiritual Exercises (FSE) Retreat



Live a retreat in your daily life during this season of Lent.

The First Spiritual Exercises retreat is made in daily life over four weeks, where the world you live and work-in becomes your sacred place.

These exercises are for beginners and for those desiring a more solid spiritual nourishment for their interior life.

The First Spiritual Exercises begin with our experience of love and teach us how to bring those authentic feelings of love into our present daily living. Through these prayer exercises, we can become more conscious of God in our daily lives. And may this realization help us to grow deeper in love and gratitude in all things.

A full commitment to the entire retreat is required.

Facilitator:

Kingsmead Centre's team of spiritual directors.

Dates & Times:

Opening Session - Sun, 1 Mar 2020 (1.30 - 5pm)

Closing Session - Sun, 29 Mar 2020 (1.30 - 5pm)

(in between the weeks, the SDs meet individual retreatants for 4 sessions)

Contribution:

\$200 (inclusive of SD Stipend)

Register by 24 Feb:

<https://tinyurl.com/fse2020>

Not to be used without further notice!

Kingsmead Center offers a range of spiritual programmes/services based on the Ignatian tradition



Counseling



Spiritual Direction



Ignatian Retreats and Day of Recollection



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