



Jan 30-Feb 1, 2026



\$310



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A Taste of the Spiritual Exercises of St. Ignatius

On this retreat we will review some of the main themes from the Spiritual Exercises of St. Ignatius Loyola to get a sense of the flow of the Exercises. Fr. David Watson, SJ, will help us to pray through the following themes: knowing yourself and God's mercy, knowing Jesus and following Him, and rejoicing in God's glory as experienced in the world redeemed by Jesus.

Also included in your retreat are opportunities for mass, reconciliation, adoration, stations of the cross, the rosary, silent reflection, and a healing service.



Fr. David Watson, SJ, is the Associate Director of Adult Ministry at the Jesuit Spiritual Center. He has experience in a wide variety of ministries: a campus minister in high school and university settings, an assistant superior of a Jesuit health care community, and a pastoral leader in parishes in Cleveland, Detroit, and Toledo. He has served in Jesuit ministries in the United States, Ireland, India, and Nepal. He has a great interest in Jesuit history and in his own family history and genealogy.