

Religion 41G Called to Love, Called to Serve: The Spiritual Exercises in Daily Life
WEEK 1
Nov. 5.....

“When I as a retreatant am involved with the exercises of the First Week, I should not try to escape from total attention upon those considerations....I should work as if my whole response to God is found in the matter at hand.”

Spiritual Exercises, [11]

The method of Week 1 mostly follows the method you have been using throughout the last three cycles. In Week 1, there are five distinct exercises. There is a handout for each exercise. As usual, though, while doing the exercise if at any time you find yourself *deeply moved emotionally*, **especially if you are getting the grace**, pause and pick the fruit. Be certain, though, that you do the colloquy (conversation) every time, even if it means extending your planned prayer time. And, indeed, it is likely that you will want to extend your planned prayer time during Week 1. If this is so, do so in a spirit of generosity.

Sunday is a DAY OFF the Exercises. It is meant to celebrate the Lord's Resurrection.

Day 1	Exercise 1
Day 2	Repetition of Day 1
Day 3	Exercise 2
Day 4	Exercise 3
Day 5	Repetition of Days 2& 3
Day 6	Exercise 4
Day 7	Exercise 5
Day 8	Repetition of Day 7
Day 9	Repetition of Days 1-6 (Do this ONLY if today is not a Sunday).

AMDG