

The Spiritual Exercises: Responses to 8-week experience led either by Chuck Kohl or Lucy Schultz, Fall, 2020

Responses from **Lucy's group** to the invitation to "*share with all of us what a few of their 'takeaways' from the retreat are.*"

"I have crossed a threshold."

"the tone of acceptance"

"really coming to trust in "the slow work of God"

"I came to know Jesus better."

"I'm not so afraid of God the Father"; "Jesus helped me with that."

"Praying every day, same time, same place" has "put me on a path."

the "hope" these weeks gave me

"God is bigger than I thought." "God's mercy is bigger than my sins."

"I love putting myself into a Scripture scene; this is new to me."

"I learned that I could have a friendship with God."

Responses from **Chuck's two groups** to the question. "*What one or two graces have you gotten from this retreat you plan to take with you into your daily life or where in this retreat have you found new life?*"

"All my years in a Jesuit parish and I had no idea this type of resource, way of praying, was available to us."

"Ignatian Spirituality is a process. It's about God meeting you where you are and how to let my experiences be a part of that process."

"I learned a lot about managing grief and anxiety."

"I am grateful for the structure of the weeks, but great freedom and liberty in the prayer experience."

"I'm looking forward to a new relationship with scripture and with Jesus."

"I have better sense how to move forward and tend to life."

"Something completely new will come from this."

"I value getting to know you all. I particularly value hearing your descriptions of imaginative prayer."

"Accepting God's love and being open to it is a life- long challenge."

"This makes prayer more interesting"

"I'm hoping to hang on to the thought that faith is a framework and it takes work to fill that frame."

"Having the faith of possibility is returning"

"Prayer seemed like something different in the past but in this retreat I've rediscovered prayer."