



Retreat Facilitators

Anne Slingo and Robert Stephan

Hosted by [Educate Magis](#)

Session 1: The Heart of Accompanying

• Welcome message and brief explanation of the retreat.

- Brief introduction to the exercises
- Retreat format and details
- Theme of the day

• First break-out group connection – Introductions

• Welcome back - Breathing exercise

• Spiritual exercise

○ *I touch the Heart of Accompanying.*

- Create and hold two inter-locked rings, of metal, like key rings, or string, symbol of journeying with a person in need, practically, emotionally and spiritually.
- Remember a small story of being surely accompanied at a critical time in my life. Hold that memory, if desired, take notes in your journal.
- Begin to understand how important this is needed in these isolating and alienating times.

○ *I desire to Accompanying the Isolated and ill.*

- Prayerfully listen to the prayer read by the facilitator.

When I enter my house, I shall find rest with her; companionship with her has no bitterness, and life with her has no pain, but gladness and joy. I considered these things inwardly and pondered in my heart that in kinship with wisdom there is immortality, and in friendship with her, pure delight, and in the labours of her hands, unfailing wealth, and in the experience of her company, understanding, and renown in sharing her words, I went about seeking how to get her for myself. Wis 8:16-18

We were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us. 1 Thess 2:5-8

- Name all the people you want to accompany ...
- Ask the Spirit of Accompaniment for the gift to accompany those who are suffering and journeying alone, who need emergency care and support right now.

• Second break-out group connection - Group sharing.

• Welcome back and Closing.

○ *I breathe in the Spirit of Accompaniment.*

- Imagine the Spirit of Accompaniment breathing into me a desire for journeying and nursing, in some manner, a person in critical need.
- Breathe it in deeply, wait, then breathe it out into myself and those who could accompany others who suffer illness, isolation, alienation, rejection, dismissal.
- Repeat as desired – breathing, accompanying, helping quickly...
- Conclude in thanks, considering two questions:
 - *Firstly, if possible, how might I make contact and reconnect with the one who accompanied me so well?*
 - *Secondly, to whom and how do I pass on this exercise – who can help to accompany those in urgent need?*



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Session 2: Seeking Clarity

- **Welcome message and brief explanation of the retreat.**

- Brief introduction to the exercises
- Retreat format and details
- Theme of the day and Guidelines for the first break-out group

- **First break-out group connection – Introductions**

- **Welcome back - Breathing exercise.**

- **Spiritual exercise**

- *I touch the Spirit of Clarity.*

- Find and hold (or imagine) an object that symbolises spiritual clarity for me. Consider how progress in spiritual life, and knowing what God desires, is a gift of the Spirit. The same gift follows the Spirit into the Light, and is a spring of life and healing for the heart.
- Remember a small story of receiving clarity when you were tangled up and confused about the way forward. Hold that memory, if desired, take notes in your journal.
- Begin to see how clarity is a treasure in bewildering and dividing times.

- *I desire Clarity of Mind and Heart*

- I consider three things, taking a few minutes exploring each. I ask myself:
 - Where is clarity present in my life? ...
 - Where is clarity absent from my life?...
 - What is the contrary of clarity for me? ...
- I ask the Spirit for the gift of spiritual clarity, to discern the best way forward.

- *I choose the Way of Spiritual Clarity*

- Prayerfully listen to the prayer read by the facilitator

The way of the wicked is like deep darkness; they do not know what they stumble over. My child, be attentive to my words; incline your ear to my sayings. Do not let them escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.

Keep your heart with all vigilance, for from it flow the springs of life. Let your eyes look directly forward, and your gaze be straight before you. Keep straight the path of your feet, and all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil. Prov. 4:19-27.

- I choose in three thoughtful steps, the direction I will take:
 - I choose to follow the clear, focused way of the good spirit, toward God's love
 - I reject the obscure way, of confusion and spurious objections of the bad spirit.
 - I turn and walk in the contrary direction, from confusion to clarity, to wise action.

- **Second break-out group connection - Group sharing.**

- **Welcome back and Closing.**

- *I live in the Spirit of Clarity.*

- Imagine the Spirit of Clarity addresses me by name, saying, "I will help you to discern the best and clearest way forward."
- I rest in the clarity of the Spirit... I feel clear minded and spiritually focussed...
- I conclude in thanks, considering two questions.
 - *Firstly, if possible, how might I make contact and reconnect with the person who gave me clarity?*
 - *Secondly, to whom and how do I pass on this exercise – who needs spiritual clarity now?*





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Session 3: The Way of Lasting Faith

- **Welcome message and brief explanation of the retreat.**

- Brief introduction to the exercises
- Retreat format and details
- Theme of the day and Guidelines for the first break-out group

- **First break-out group connection – Introductions**

- **Welcome back - Breathing exercise.**

- **Spiritual exercise**

- *I touch the Spirit of Enduring Faith*

- I find and hold an object that symbolises enduring faith for me.
- I remember a small story of a person helping me to endure with faith when I needed it. If praying alone I hold that memory, if I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of enduring Faith...I begin to understand how important enduring faith is to me in these testing times.

- *Desire the gift of Mature Faith*

- I consider three things, taking a few minutes exploring each. I ask myself:
 - Where has my faith endured in my life?...
 - Where has my faith been tossed about in the winds of my life?...
 - What causes me to doubt my faith?...
- I ask the Spirit for a joyful, enduring, mature faith, lacking nothing.

- *Today I choose the Way of Lasting Faith*

- Prayerfully listen to the prayer read by the facilitator

My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing. If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you. James 1:2-5

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. James 5:7-8

- I choose in three thoughtful steps, the direction I will take:
 - I choose the faithful way, led by enduring faith and the good spirit toward God's love.
 - I reject the doubting way, double-minded and unstable, amplified by a bad spirit.
 - I walk towards the generous God, from belief, to enduring faith, to serenity in God.

- **Second break-out group connection - Group sharing.**

- **Welcome back and Closing.**

- *I live in the Spirit of Enduring Faith*

- I imagine that the Spirit of Mature Faith addresses me by name, saying, 'In your endurance of faith you will be made complete, lacking in nothing.
- 'I rest in the ungrudging generosity of the Spirit of Rains. I feel my faith deepen...
- I conclude in thanks, considering two questions.
 - *Firstly, if possible, how might I make contact and reconnect with the one who gave me greater faith?*
 - *Secondly, to whom and how do I pass on this exercise-who urgently needs enduring faith now?*





Accompanied by the Spirit of Healing

A Global Online Ignatian Retreat Experience for Educators

Every Tuesday from December 1st to December 15th 2020

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Session 4: The Spirit of Service

• Spiritual exercise

○ *I touch the Heart of Service.*

- Hold your body in a humble bow, symbol of surrender, reverence and service. Holding this gesture, consider whom you serve now, and whom you would like to serve. Reflect on the joy which service gives to your life. Open yourself to the Spirit of Service.
- Remember a small story of service and a person who invited you to serve. Hold that memory, if desired, take notes in your journal.
- Begin to realize that in present circumstances, there are many people in need. Your heart goes out to them.

○ *I desire to Accompanying the Isolated and ill.*

- Prayerfully listen to the prayer read by the facilitator.

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. 1 Cor. 12:4

After Jesus had washed his disciple's feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Jn 13:12-1

- Name all the people you wish to serve ...
- Ask the Spirit for a heart filled with generous service.

• Group sharing – If desired.

• Closing

○ *I breathe in the Spirit of Service.*

- Imagine the Spirit addressing me by name, saying, 'With my fire in your heart, reach out to help others'.
- Imagine the Spirit breathing generous service into me. I breathe it in deeply, wait, then breathe it out through my desire to leave my comfort zone and serve.
- Repeat as desired – breathing, moved, ready to serve...
- Conclude in thanks, considering two questions:
 - *Firstly, if possible, how might I reconnect with the person who called me to serve others?*
 - *Secondly, to whom and how do I pass on this exercise – who could reach out urgently to serve those in greater need?*

○ Closing prayer.

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