



FAQs

1. *What is the Spiritual Exercises in Daily Life – Itinerary 5, 19th Annotation program?*

The Spiritual Exercises, through God's grace, provides a guide, the scripture, prayer and instruction to deepen our relationship with God. This program enables a participant to have the full experience of the Ignatian Spiritual Exercises in a 9-month format instead of 30-day silent retreat. It is an adaption of St. Ignatius' Spiritual Exercises according to the 19th note (hence the name 19th Annotation Spiritual Exercises). You will be guided through the program by a Prayer Companion and be connected to others through faith sharing and instruction.

2. *How long is this program?*

The program lasts at least 9 months, starting in September 2025 and ending at the end of May 2026 or longer depending on the retreatant's situation.

3. *What are the requirements for participation?*

- Daily – Commitment to daily prayer (45 min. to one hour)
- Weekly – Meeting one-on-one with the assigned Prayer Companion (30 min. to one hour)
- Monthly – Attend instructional session on Ignatian Spirituality and small group sharing (2 hours)

4. *How are the small groups formed?*

A small group consists of 6 to 8 retreatants plus their assigned Prayer Companions. The groups will be formed based on language and time zone. Meeting dates & times are to be set by each small group with the help of the Group Leader.

5. *What happens in the monthly small group sharing session?*

Participants are given the opportunity to share their prayer experience (graces and challenges) received from their individual prayer over the last month. The purpose of sharing in small groups is for the retreatants to support each other throughout the 19th Annotation journey.

6. *Last day to register and who will accompany the retreatant throughout the program?*

Each retreatant will complete the registration form on the LTTCS website (<https://www.lttcs.net>). The due date for submitting the registration form is July 31st, 2025. Based on the information provided, the participant will be paired with a Prayer Companion who will accompany the participant from start to the end of the 19th Annotation program.

8. *How much is the total cost?*

The fee for the program is US \$300.00 which is due on July 31st, 2025. The fee is non-refundable if you do not complete the retreat. This fee covers liability insurance for the Prayer Companion, donation to the Ignatian Spirituality Center of Salamanca, Zoom service, and any other necessary expenses.

If you have financial difficulties, please contact the Organizing Committee ltcs-ht5@googlegroups.com

Payment methods:

1. via check or Money Order, payable to **KimHuong Truong** and mail to
7635 Park Forest Drive, Huntington Beach, CA 92648.

In memo write: Name of retreatant, 19th Annotation

2. via Zelle: dhtn2021zelle@yahoo.com
3. via Venmo: @DHTN2021VM

9. *Can I participate in the program if I am not a Dong Hanh CLC member?*

Dong Hanh CLC members are given priority in program participation. Non-Dong Hanh CLC members will be considered based on the availability of Prayer Companions.

10. *How will vacation or illness be handled?*

The retreatant should inform his/her assigned Prayer Companion to re-schedule the weekly meeting.

11. *Whom do I need to contact if I still have more questions?*

Applicants are encouraged to participate in the Come & See session to learn more about the Spiritual Exercises in Daily Life – Itinerary 5, 19th Annotation program. The SEDL website <https://www.ltcs.net> contains updated announcements. If you still have further questions, please email ltcs-ht5@googlegroups.com.

12. *When is the Come & See session and how do I register?*

The SEDL – Itinerary 5, 19th Annotation Retreat Team is offering two sessions of ‘Come and See’ to provide an overview of the program and an opportunity to get questions answered. The one-hour long Come and See session is offered on Zoom in both English and Vietnamese on the following dates:

- 1st session: Thursday May 8, 2025, at 6pm Pacific / 8pm Central / 9pm Eastern time (8h in the morning of Friday May 9 in Vietnam)
- 2nd session: Saturday May 10, 2025, at 9am Pacific / 11am Central / 12pm Eastern / 18h Roma time / 23h in Vietnam

Please follow this link to sign up for the Come & See:

<https://forms.gle/nX4zjwMhWqwoizzC9>