



Spiritual Exercises in Daily Life - Itinerary 5, 19th Annotation

Retreatant Commitment

As you consider entering into this experience of the Spiritual Exercises in Daily Life - Itinerary 5, 19th Annotation of St. Ignatius, we would ask you to prayerfully consider the commitments that you and your Prayer Companion will be making in time and journeying together.

As a retreatant during the Spiritual Exercises in Daily Life - Itinerary 5 Program, 19th Annotation you will be expected to commit to the following:

1. **Pray daily:** During your experience of the Spiritual Exercises in Daily Life - Itinerary 5, 19th Annotation, you will be expected to pray daily spending a minimum of 45 minutes each day in prayer with the materials given to you by your Prayer Companion. If you struggle to achieve this time commitment, your Prayer Companion can help you work up to this amount of time.
2. **Meet with your Prayer Companion weekly:** You must be willing to meet with your Prayer Companion weekly (either by phone, by internet video or in person). This time will be for you to share your prayer experience of the week with your Prayer Companion and for your Prayer Companion to support your experience. This meeting will be arranged at a time that is convenient for you and your Prayer Companion and will typically take 30 to 60 minutes. Also, your Prayer Companion will be committing to journeying with you for the time that God, you, and your Prayer Companion discern that it takes for you to complete the Spiritual Exercises. If your individual meetings extend beyond the time of the group meetings, you can be assured that your Prayer Companion will continue with you until you have completed your journey with the Spiritual Exercises.
3. **Attend one on-line group meeting per month:** You must be willing to attend one on-line group meeting per month for approximately two hours. The meeting consists of instructions about the Spiritual Exercises and faith sharing for you in a small group (of about 6 to 8 retreatants and their Prayer Companions). Occasionally, something may arise that may conflict with these meetings, but we would like you to commit to making as many of these meetings as possible.
4. **Honor confidentiality:** You will be expected to honor confidentiality with your fellow retreatants. At your monthly sessions you will hear other retreatants and Prayer Companions share their experience of the Spiritual Exercises. You cannot share what you have heard from others, just as they will commit to keeping what you share in confidence. Your Prayer Companion will commit to not sharing any information that you share with them either in the faith sharing meetings or in your individual meetings with

others; however, your Prayer Companion will be bound by legal regulations that may require disclosure to proper authorities for information, including but not limited to, child abuse, elder abuse, physical harm to self and others, etc.

5. **Cost & Payment:** The program will cost US \$300.

This fee covers liability insurance for the Prayer Companion, donation to the Ignatian Spirituality Center of Salamanca, Zoom service, and any other necessary expenses.

Cost:

- One full payment of US \$300, due date 7/31/25.
(No refund policy if you do not complete the retreat)
- 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