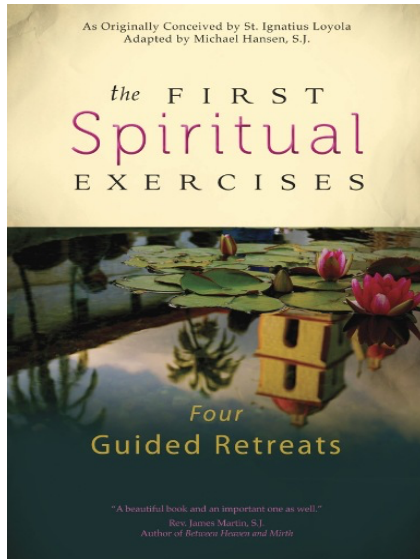


Inner Peace in Divine Love - An Ignatian Lenten Retreat

"God says to each one of us, '... you are precious in my sight, and honored, and I love you.'" --Isaiah 43:1-4a

Registration deadline: **March 4**; Register early as space is limited!

Loyola University Maryland is offering this introductory Ignatian **Lenten** retreat in daily life. The retreat consists of four weeks of prayer using the book, *The First Spiritual Exercises*, by Michael



Hansen, SJ. Participants will pray 30 - 40 minutes a day at home 4-5 days each week, keep a prayer journal, and meet weekly for one hour with an assigned spiritual guide (either in person or via zoom).

During the retreat - **Inner Peace in Divine Love**, you will be invited to reflect on the Mystery of God's love spilling over into creation; become aware of God's comforting presence in your life; listen to God's call to you to be a receiver and giver of Divine Love; and become God's friend. In Ignatius' words, this leads into movements of love, gratitude, and service.

To register, email LUMspiritualexercises@gmail.com. Questions? Contact Sue Cesare, sue-cesare@dexterco.com or call 410-493-5908.

Dates and Time:

Large Group Opening and Closing Zoom Sessions:

Saturdays, March 12 (Retreat Kick-off), April 9 (Retreat Summary): 10:30 am -12 noon

Weekly retreat themes:

March 12 -- Remembering Love

March 19 -- Dwelling in Love

March 26 -- Love at Work

April 2 -- Love in Service

April 9 -- Retreat Summary