

# LIGHTWORKS

**A 14-WEEK EXPERIENCE OF IGNATIAN PRAYER**

Each Session offers presentations on prayer themes and spiritual practices as well as time for reflection and conversation in order to deepen a person's relationship with God.



Offered by  
St. Francis Xavier College Church

# WHAT IS LIGHTWORKS?

**LIGHTWORKS** is a “light form of work,” a series of limbering up exercises for the spirit. Physical exercises build muscle, increase stamina, and develop flexibility. So **LIGHTWORKS** does for the spirit.

St. Ignatius Loyola developed “spiritual exercises” as a way to help people find spiritual wholeness. These exercises have proven effective for more than 400 years.

Spiritual exercises can be done in a variety of ways. Some people have the time and energy to take 30 days apart to see a spiritual director daily and pray for up to five hours a day. In this way they develop a relationship with God and often come to major choices in their lives.

Others do the Exercises in a less intense format, praying an hour a day and seeing a director once a week. This method is often referred to as the “Spiritual Exercises in Daily Life.” This format is used in the *Bridges Program* in the St. Louis area. The length of this program tends to be eight or nine months. There are also many who desire to grow in their relationship with God and find greater clarity in their lives, but who do not have the time or the desire to do a thirty day retreat or the Exercises in daily life.



**LIGHTWORKS** consists of fourteen weekly group sessions under the guidance of a director. Participants agree to come to each of the sessions, pray for half-hour a day according to the suggested passages, and be willing to share with the group at least some of what happened in their prayer time during the week.

In **LIGHTWORKS**, each session has a presentation by the director and sharing in small groups based on the prayer of the previous week and occasionally large group sharing. Participants talk about what happened when they prayed during the week. They develop listening skills, a deepening respect for one another, and a growing ability to recognize God in their prayer and in their lives. Toward the end, the director offers comments, and explains the exercises the participants will engage in during the coming week. These exercises are beneficial to Christians of all traditions.

Participants get a taste of what the full Ignatian exercises might offer if they choose to do them at a later time.

If you have questions about **LIGHTWORKS**, contact Joseph Milner at [milnerjv@slu.edu](mailto:milnerjv@slu.edu) or 314-977-7305.

**“LIGHTWORKS IS A LIGHT FORM OF WORK... A LIMBERING UP EXERCISE FOR THE SPIRIT.”**



## PROGRAM SPECIFICS

**LIGHTWORKS** takes place in fourteen sessions, which are divided into two sections of 7 weeks each. The sessions will be held at St. Louis University High School, 4970 Oakland Ave, St. Louis, MO 63110 . These will be held on Mondays from 6:30 pm til 8:30. An offering of \$125 is requested and the offering can be reduced for those with limited finances.

### SESSION DATES:

- ◆ Oct 7, 14, 21, and 28
- ◆ Nov 4, 11, and 18
- ◆ Feb 3, 10, 17, and 24
- ◆ March 3, 10, and 17

An introductory session with previous participants will be held on Sunday, Sept 22 at 11:45 am at St. Francis Xavier Church in the adult faith room. This will be a chance to learn more about the program, ask questions, and hear the experiences of those who previously participated in **LIGHTWORKS**.

Registration forms are due by Sept 30.

### DIRECTORS

Fr. Carl A. Dehne, S.J. is a Jesuit of the Missouri Province and taught theology for two decades at Loyola University of Chicago.

Joseph Milner is the director of Christian Initiation and Liturgy at St. Francis Xavier College Church. He has worked in adult faith and spiritual formation for over 30 years.