

# *Spiritual Exercises*

## Silent Ignatian Retreat

At Westminster Abbey!

*For Women (16 and over)*

**December 8-10, 2017**

Westminster Abbey 34224  
Dewdney Trunk Rd.  
Mission, BC

\$230 per room

(all rooms are private with private bathroom)

The *Spiritual Exercises* are a silent retreat based on the well-proven method of St. Ignatius of Loyola. The Priests of *Miles Christi*, devoted to the preaching of these Ignatian retreats, frequently offer them in a weekend format.

Throughout the centuries, the *Spiritual Exercises* have shown to be an excellent means of sanctification, highly praised by Popes and Saints.

*Miles Christi* is a Roman Catholic Religious Order of Priests and Brothers devoted to the sanctification of the laity. These retreats, as every other activity of *Miles Christi*, are entirely according to the Magisterium of the Church, and based on solid Catholic spirituality.

Preached and Directed by the Priests of

***Miles Christi***

For more locations and dates please check: [www.spiritualexercises.net](http://www.spiritualexercises.net)

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For more information or to register for the retreat, please contact Jody Garneau at [adultfaith@stannsabbotsford.ca](mailto:adultfaith@stannsabbotsford.ca) or (604) 825-5391

