

*All Hallows Church presents*

# Ignatian Retreat

**Saturday, November 23, 2019 8:30 AM – 4:00 PM**

**ALL HALLOWS CHURCH, 262 BENT ROAD, WYNCOTE, PA**

All Hallows invites you to attend a one-day Ignatian Retreat on Saturday, November 23, 2019, 8:30 AM – 4:00 PM guided by Fr. Frank Kaminski, S.J. of the Jesuit Center for Spiritual Growth, Wernersville, PA.

The retreat will employ the principles of the Spiritual Exercises of St. Ignatius of Loyola throughout the day and in three preached sessions. It will include several periods of personal meditation, reflection and prayer.

This is a spiritual way to enter Advent and the Christmas season. We will silence our phones and other electronics so that we may be open to the Holy Spirit. This is a rare opportunity to leave the rush of pre-Christmas activity behind for a few hours in exchange for a chance to examine our lives and our pathways to Christ.

**The retreat is open to all! There is no fee for the retreat, but contributions to offset the cost of lunch will be welcomed.**



The All Hallows community invites you to join us in this celebration of our faith!

**Reservations are required!**

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Please contact All Hallows at 215-885-1641, x10, email at [sgoghan@allhallowswyncote.org](mailto:sgoghan@allhallowswyncote.org) or sign up in the parish hall.

# Father Frank Kaminski, S.J.



Fr. Frank Kaminski, SJ comes to the Jesuit Center for Spiritual Growth from the Office of Ignatian Spirituality (OIS) for the Maryland and Northeast Provinces of the Society of Jesus, where he was the Director of Hispanic Ministry. Fr. Kaminski began to develop his interest in Ignatian spirituality during his years in Chile, where he worked for more than 10 years with the Christian Life Community (a world-wide community of lay men and women who follow the Ignatian path in their daily lives). Back in the U.S. he joined the Jesuit Urban Service Team (JUST) forming an Ignatian community of faith in the predominantly Latino neighborhoods of North Camden, NJ.

Beginning in 2000, Fr. Kaminski was missioned to Loyola on the Potomac Retreat House in Faulkner, MD, where he offered spiritual direction and directed numerous retreats for 15 years. At the beginning of 2016, he assumed his position in the OIS, and thereafter joined the staff in Wernersville. Throughout Fr. Kaminski's Jesuit life, the Spiritual Exercises of St. Ignatius have been at the heart of his ministry. He hopes that in his present work he will be able to share with many what he feels is a primary work of the Society of Jesus. <http://www.jesuitcenter.org/frankkaminski>



## IGNATIAN SPIRITUALITY

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people deepen their relationship with God. For centuries the Exercises were most commonly given as a “long retreat” of about 30 days of solitude and silence. In recent years, there has been a renewed emphasis on the Spiritual Exercises as a program for laypeople. The most common way of going through the Exercises now is a “retreat in daily life,” which involves a month’s-long program of daily prayer and meetings with a spiritual director. The Exercises have also been adapted in many other ways to meet the needs of modern people. <https://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises/>