



Ignatian Prayer Retreat

Dr. Faith
Nostbakken

March 27, 7 pm
to March 29, 4 pm

This silent retreat, using the methods of St. Ignatius of Loyola, will draw on Scripture as a source of prayer. Participants will be given guidelines about various ways of prayer that Ignatius emphasized in his practice, known as the Spiritual Exercises. There will be gathering times over the weekend that offer structure and focus for personal prayer, as well as ample time to engage in individual prayer in an atmosphere of communal silence.

Dr. Faith Nostbakken is a writer and experienced retreat facilitator, teacher on prayer and other spiritual topics.

Live-in cost: \$250

Commuter cost: \$190

Register at www.starofthenorth.ca | 780-459-5511