

**LightWorks @The Ursuline Center
4250 Shields Road, Canfield
330-533-3831**

LightWorks is a group introduction to Ignatian spirituality and the Spiritual Exercises of Ignatius Loyola. Each session offers presentations on prayer and practices, with time for reflection and sharing, in order to deepen one's relationship with Christ in the world.

**The gatherings: Sundays 2-3:30 p.m.
Jan 22; Jan 29; Feb 5; Feb 12; Feb 19; Feb 26**

What exactly is "LightWorks"?

Well, it's a light form of work, a series of limbering-up exercises for the spirit. Exercise stretches limbs, works muscles, and builds strength and stamina. This is as true for the spirit as it is for the body. St. Ignatius Loyola, as a layperson, developed what he called "Spiritual Exercises," to help people find wholeness and happiness by living according to their true purpose in God. His exercises have proven very effective in doing this, for over four hundred years. How many other exercise programs can claim such a long run? St. Ignatius of Loyola

Who Can Benefit from LightWorks?

The spiritual exercises can be done in various ways and levels of intensity. Many people long to grow in relationship with God, and to find greater freedom and clarity in their lives, but they simply don't have the time or energy for a long period of prayer and direction. These persons will benefit from "lighter exercises," or **LightWorks**.

LightWorks is a true retreat; it is not a bible study, nor a series of classes, nor a workshop. Prayer is what makes any retreat "work." So participants in this retreat each commit themselves:

- 1) to attend all the meetings
- 2) to pray at least 15 to 30 minutes daily according to the suggestions made
- 3) to reflect and take notes on what happened between them and God
- 4) to be willing to share in small and large group at least some of what happened within them since the last meeting.

Please fill out this registration form. Pre-registration appreciated.

Name _____
Email _____
Phone _____
Address _____

Suggested Donation: \$20.00 – make checks payable to

The Ursuline Center 4280 Shields Rd. Canfield OH 44406

Spiritual Director and Ursuline Associate Eileen W. Novotny, is the director for **LightWorks**.