

Participants give witness
to the fruit of the
Journey Program
in their lives...

"The journey program brought me to a new awareness of prayer. Through the program I became free of all my past hurts by using prayer imagery. I now know I'm loved by Jesus and I love him."

Loretta Redder



"The Journey meant a lot to me. I am a changed person. It helped me see Jesus as a human being and God as an all loving Father. I have many fears but am learning to talk to Jesus about them.

Thank you for 'the Journey.' "

Rose McElroy



"The Journey program truly changed my life. I would encourage anyone ready to explore a deeper intimate relationship with God to sign up now. Your own awesome journey is waiting!"

Shelly Ebbers

The Journey Team



S. Eileen Brick

S. Emily Meisel

S. Eileen and S. Emily have worked together as the Journey team for six years. S. Emily, Journey Program Director, was introduced to the Spiritual Exercises of St. Ignatius in 1976 as a graduate student at St. Louis University. S. Eileen is a spiritual director and our community Formation Director.

Donation

A \$675 donation covers room and board during retreats, stipend for weekly spiritual direction, expenses for community sessions and personal growth workshops. The donation may be given in installments.

Scholarships are available.

Apply to the Journey through S. Emily:

605.886.4181

sisteremily@hotmail.com



110 28th Ave SE

Watertown, SD 57201

WatertownBenedictines.org



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Journey Into Spiritual Growth

2022-2023

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At the Shore

"Come, follow Me!"

With that invitation, the disciples dropped their nets and left all that was familiar to them. Something about Jesus caught their attention, enflaming their hopes for more in life...they responded.

What a risk they took moving into the life that would unfold for them! Perhaps you have similar desires: a closer, deeper, and more real relationship with God.

If you have a longing to personally know God's love for you, if you desire more in prayer, more joy and freedom of heart, I invite you to respond by experiencing the *Journey into Spiritual Growth*.

This eight-month long program is based on the *Spiritual Exercises of St. Ignatius of Loyola*. "Seeing God in all things" was the fruit of his experiences of prayer and deeper understanding of God.

May it be yours as well,

S. Emily Meisel, OSB

Program Schedule

Opening Directed Retreat

August 21, 7PM to August 27, 8:30PM

This retreat is an orientation and beginning to the program.

If you are unable to attend the retreat, arrangements can be made with S. Emily.

Monthly Community Sessions

2PM-4PM on the following dates:

September 11, 2022

October 9, 2022

November 13, 2022

December 11, 2022

January 15, 2023

February 12, 2023

March 12, 2023

April 16, 2023

Closing Directed Retreat

May 5, 7PM - May 7, 4:00PM

S. Emily: 605.886.4181
sisteremily@hotmail.com

Program Structure

An individual in the *Journey Program* makes an eight month commitment to:

- Attend the Opening & Closing Directed Retreats
- Daily Personal Prayer
- Assigned Scripture Reflections
- Weekly Personal Spiritual Direction Sessions
- Monthly Communal Sessions

Personal Growth Workshops

Dreams & Spiritual Growth

September 16-17

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October 14-15

Healing the Inner Child

November 11-12

Our *Journey Program*, responds to your individual needs, forms a community that supports your conversion process as well as correlates with the liturgical year.

*Costs for workshops are included in your *Journey Program* donation.

Admission Requirements

A personal interview with S. Emily, Program Director, is required for application. Qualifications include:

- A deep desire for growth in your relationship with God through prayer.
- A willingness to fully participate in all the structures of the Journey Program.

