

# FULL SPIRITUAL EXERCISES OF IGNATIUS LOYOLA OVER THREE - 10 DAY UNITS

*In addition to the information requested on the general Booking Form we would appreciate it if you could also answer the following questions. We feel that they are necessary given both your greater investment in time and money and the nature and content of the full Spiritual Exercises.*

Are you or have you been taking any stimulants, anti-depressants, or tranquillising drugs during the past five years? If so, it would be helpful to let us know why, and with what results.

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Are you or have you been undergoing any form of psychiatric treatment or psychotherapeutic counselling during the past five years? Again it would be helpful to let us know why the treatment or therapy was given, the form it took, how long it lasted, and the outcome.

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Are you willing to allow St Beuno's to seek a reference from your psychiatrist and/or psychotherapist? If so, could you please give us his or her name and address.

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*N.B. – Regarding the questions above, an affirmative answer does not of itself indicate unsuitability for the retreat.*

*The information requested below not only helps us to select those applicants who are likely to benefit most from the Spiritual Exercises, but also aids us in appointing retreat directors to successful applicants. This helps the directors' own preparation for guiding participants. It also helps you to formulate and describe the faith-events of your own life and disposes you to a greater openness to the Lord. All this is essential to spiritual growth and a profitable retreat.*

Would you please, after due time and prayer, set down, on separate sheets your detailed comments on the following:-

- LIFE:** Include whatever you consider significant: e.g. chronic or prolonged illness (your own or others'); the kind of faith-life experienced at home; education; religion; relationships in and outside the family.
- VOCATION:** If you sense that God has called you to be single, married, ordained, a religious etc.; what was the form of the call? Have you been happy in your vocation? How is God calling you now?
- PRAYER:** Describe how you pray. Say what it is that you do and find meaningful. Indicate any growth in prayer, any pattern of prayer, any inner and/or outer experience of relationship with God.
- SPIRITUAL EXERCISES:** Please say how you came to decide to make the Full Spiritual Exercises. Why do you want to make them?