

THE IGNATIAN SPIRITUALITY CENTER INVITES YOU TO

# WINTER DAY OF REFLECTION JOURNEY OF GRACE

SATURDAY, JANUARY 28, 2023

9:00AM - 3:00PM PST | ONLINE VIA ZOOM

STEPHANIE RAGLAND, PRESENTER

*Register before December 31 for Early Bird Pricing!*



After a year full of both growth and challenge, we pause for a moment to take a breath, give thanks, grow in awareness of God's love, and seek hope for the journey ahead. Through the movements of the Examen, we will look back at our experiences, and with an open heart, embrace the path before us and usher in the new year.

This silent mini-retreat includes brief presentations leading you through four movements of the Examen, guidelines for prayer, abundant time for personal reflection and journaling, and a small group at the end of the day—all designed to support you on your spiritual journey.

*This program is for anyone who is interested in Ignatian spirituality (either little, some or a lot of experience), and has a desire to put into practice Ignatian tools for reflection. All are welcome!*

**For more information and to register, visit  
[www.ignatiancenter.org/winter-day-of-reflection](http://www.ignatiancenter.org/winter-day-of-reflection)**

*Please register by January 23  
Closed captioning will be available.*



Questions?  
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