

INTRODUCTORY LETTER THAN CAN BE USED IN BULLETINS ALONG WITH FLYER:

Are you longing for a deeper connection with God? If so, perhaps an Ignatian Adventure is for you.

Retreat In Daily Life (RIDL) is a time-tested daily retreat focusing on the teachings of Jesus. It is a 500-year-old method, modeled on the Spiritual Exercises of St. Ignatius. Through prayer, study, scripture readings and reflections, supported and guided by a trained facilitator, you will have the opportunity to enter into a prayer journey that has been described as life changing.

Many from The Episcopal Diocese of Oklahoma have already taken part in this invitation which has been offered in our diocese for 15 consecutive years. St. Brigid School of Spiritual Direction, in The Episcopal Diocese of Oklahoma, is offering the traditional 32 week Ignatian program, beginning in September and concluding in May.

We are also pleased to announce that St. Brigid School is also offering a 12 week RIDL program as well as an 8 week "Tasting of RIDL" which begin throughout Fall of 2025.

We hope that you will also consider attending a free public lecture that will be based on the Spiritual Exercises, by The Rev. Kevin O'Brien, S.J. on October 24 and a workshop on October 25 at Grace Episcopal Church, Yukon. He is a well known Jesuit teacher and leader who is also the author of our RIDL textbook, ***The Ignatian Adventure***.