

My name is Deb Carney and I am excited to share my experience of the *Spiritual Exercises* of Saint Ignatius. Many of you know me from the Abbas' Hands Prayer Ministry here at our parish. I am about to share with you the most miraculous experience I have had in a very long time, one that has given me a profound and deepened awareness within my prayer life. When I pray now, I know—I know in my heart—that Christ is right there next to me. I have this knowing through the full use of my five senses: sight, taste, smell, hearing, and touch.

Here is an example. When I am in contemplative prayer, I often see myself sitting on the beach, and I see Christ standing right next to me. I can feel his hand in mine. I can feel the sand beneath us. I can taste the salty air around me. I can hear the sound of the waves lapping against the shore. Often, I can hear Jesus talking to me during my prayer time. I can feel his hand in mine. I can smell the different scents around us. My prayers have come to life! In my prayers now, no matter what scene I place myself in, my senses are all very active.

One day, I felt amazement as I sat in the church listening to the readings of the day. The readings literally came to life! Again, all of my senses were working to make the images play out in my mind. How wonderful this was—and still is! I wanted to jump up with astonishment at my new-found openness!

In the *Spiritual Exercises*, you will journey with Jesus from his conception and birth, through his teachings and his passion, and to his ascension and beyond. I invite you to sign up for what could be the most powerful experience you will ever have. It is a journey and a commitment that will leave you hungering for more!!!!