

A silhouette of a person in mid-air, jumping or running, against a background of a sunset or sunrise sky with clouds. The person is positioned on the right side of the frame, with their arms and legs extended. The sky transitions from a warm orange near the horizon to a cooler blue at the top. The overall mood is one of freedom and movement.

FIRST SPIRITUAL EXERCISES

GROW IN INNER PEACE, FREEDOM, LOVE,
SERVICE, AND FRIENDSHIP WITH JESUS.

A 4 WEEK RETREAT IN THE TRADITION OF
IGNATIUS OF LOYOLA. COMBINES 25-40 MIN OF
PERSONAL PRAYER 4 DAYS A WEEK AND
SPIRITUAL CONVERSATION IN SMALL GROUPS
ONCE A WEEK.

NO PREVIOUS EXPERIENCE NECESSARY.

Open to current TST students, faculty, and staff.

Group meets Tues nights (Jan. 14, 21, 28, Feb. 4, and 11.)

Time: 7-8:30pm Place: Regis College, 100 Wellesley W.

RSVP/questions email: g.celio@mail.utoronto.ca Cost \$15