

**A Retreat in Daily Life facilitated online by Fr Bill Creed SJ based on The New Spiritual Exercises in the Spirit of Pierre Teilhard de Chardin SJ by Louis Savary.**

## **Sample Syllabus for The New Spiritual Exercises**

**Session #1: “The Spiritual Exercises are about love and about action.”**

**Throughout the Spiritual Exercises, I am wise to ask: through my reading, prayer and reflection, what morsel of spiritual food is being given to me in this present moment?**

**Teilhard: “Love alone is capable of uniting living human beings in such a way as to complete and fulfill them, for love alone takes them and joins them by what is deepest in themselves.” (The Phenomenon of Man. 1965, page 265.)**

**A grace to ask for: a deeply felt knowledge of God’s love for the Universe and for me.**

Read Savary pages ix-xvii, 1-12.

Pray Isaiah 43: 1-4; Isaiah 49: 14-16; Ephesians 1:4-10; Psalm 139: 1-18

Please post before midnight Monday before our Thursday session what seems appropriate to share your personal experience with any of these questions so that we have 2 days to read one another’s postings.

**QUESTION #1: What happened as you prayed Isaiah 43: 1-4; Isaiah 49: 14-16; Ephesians 1:4-10; Psalm 139: 1-18?**

**QUESTION #2: Given the readings, your prayer, etc., what was the noteworthy movement within you in the last two weeks that seems fitting to share now?**

**QUESTION #3: Why have I come into this six/month process of retreat in making the Spiritual Exercises in the Spirit of Teilhard de Chardin where faith and science interact? What do I hope to find?**

**QUESTION #4: a) name how Ignatius’ invitation and Savary’s invitation through Teilhard is moving in you now. Particularly, note how Ignatius’ invitation for a personal encounter with the divine mystery in Annotation #15 invites you to a personal encounter where you “allow the Creator to deal directly and immediately with the creature and the creature directly and immediately with the Creator.” Note how Savary through Teilhard is inviting you to “let the instruments of science and evolution express the melody of God’s kingdom” by integrating creation’s evolving story into your story, by realizing that loving**

God means loving the world, by being a collaborator with God in building the Body of Christ which Savary calls the Christ Project.

QUESTION #5: What about the approach of the New Spiritual Exercises, the Christ Project, is challenging you from functioning as an independent agent of God to a more inter-dependent co-worker who labors with others? Describe your personal experience as an inter-dependent co-worker?

## **Session #2: The 17 Principles of Pierre Teilhard de Chardin**

**Teilhard: “You and You alone are the entire and proper object of our love. You, and You alone are the creative energy that fathoms the secrets of our hearts and the mystery of our growth. By You, and You alone, our souls are awakened,” (p. 212 in Writings in Time of War)**

**A grace to ask for: Gratitude for God’s sustaining and healing love in the midst of a broken world.**

Read Savary pages 13–35 The 17 Teilhardian principles.

Pray Psalm 62, Psalm 63, Hosea 11:1-4. Write your own Psalm 136 updating it with the vision of Teilhard.

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Please post before midnight Monday prior to our Thursday session what seems appropriate to share your personal experience with any of these questions so that we have 2 days to read one another’s postings.

QUESTION #1: What happened as you prayed Psalm 62, Psalm 63, Hosea 11:1-4. Write your own Psalm 136 updating it with the vision of Teilhard.

QUESTION #2: Given the readings, your prayer, etc., what was the noteworthy movement within you in the last two weeks that seems fitting to share now?

Question #3: Savary states “The law of attraction – connection – complexity – consciousness is the law that is giving evolution its direction.... According to Teilhard, we humans are currently at the tip of the arrow of evolution. That tells us that God wants humans to aim toward ever higher levels of complexity and consciousness.... The task is up to us. It is a challenge to the human spirit working with the grace of God to develop a deeper consciousness of who we are and where we ought to be going. “Pages 18 & 19. How is the grace of God working in and through the culture you live in, breaking

down old patterns of thinking and acting, breaking down your old consciousness, and leading you to openness to a greater and deeper consciousness? Describe your experience of this process now.

Question #4: Savary states “everything has a within and a without.... Teilhard wants you to learn to ‘see’ the within of each thing, especially the inner life of each person.” Pick a public person you “see” and ask for the grace to see the “within” of that person. Using your imagination, name that person and write what is given to you to see what you see.

Question #5: Choose one of the 17 Teilhardian principles and write your reflection about your experience of that principle. Perhaps draw a diagram of them functioning together.

### **Session #3: The Way God Loves; My Blessed History; Principle & Foundation, Thanksgiving Examen**

**Teilhard: “You whose loving wisdom forms me out of all the forces, and all the hazards of the Earth, grant that I may believe and believe ardently and above all things in Your active presence.” (p. 79 in The Divine Milieu)**

**“The farther and deeper we penetrate into matter with our increasingly powerful methods, the more dumbfounded we are by the inner connection of its parts.” (p. 14 The phenomenon of Man)**

**A grace to ask for: for the courage, discipline and perseverance I need to maintain this spiritual journey.**

Read Savary pages 37-53. The Presence of God: imagine yourself immersed in the divine milieu or picture yourself as a cell in the cosmic Body of Christ, etc.

Pray: Ignatius’ text on The Contemplation to Attain Divine Love SpEx #s 230-237; Eph 1:10; Col 2:19; Acts 17: 22-31; Gal 2:20; the Texts of the Principle and Foundation; the Thanksgiving Examen.

Throughout the Spiritual Exercises, I am wise to ask: what morsel of spiritual food is being given to me in this present moment?

Please post before midnight Monday prior to our Thursday session what seems appropriate to share your personal experience with any of the following questions so that we have 2 days to read one another’s postings.

QUESTION #1: What happened as you prayed Ignatius' text on The Contemplation to Attain Divine Love SpEx #s 230-237; Eph 1:10; Col 2:19; Acts 17: 22-31; Gal 2:20; the Texts of the Principle and Foundation; the Thanksgiving Examen.

QUESTION #2: Given the readings, your prayer, etc., what was the noteworthy movement within you in the last two weeks that seems fitting to share now?

Question #3: Savary emphasizes the "developmental gradation" in the four stages of God's loving: first, we note how God gives tangible gifts to each of us; second, we savor how God remains with us along with the gifts; third, we notice how God works and labors among us lovingly in cooperative interaction and by that "continuous action" creation is becoming more complex and more conscious; fourth, we begin to appropriate how God is sharing the divine self in mutual indwelling with the beloved in the Universal Christ. How is your awareness of this "developmental gradation" impacting you now?

Question #4: As you pray your life history and affirm the blessedness of your life, what do you notice?

Questions #5: As Savary contemplates the text of Ignatius' Principle and Foundation, he emphasizes "Ignatian indifference" and states that "ultimately, Ignatian indifference is the freedom to meet God and collaborate with God in all circumstances, even if those circumstances are the opposite of what we instinctively want for others and ourselves. This understanding is an integral part of what Teilhard means by the concept of 'diminishment.'" (page 48) Where in this present moment are you receiving the grace where you are free to meet God and to collaborate with God in circumstances which are the opposite of what you instinctively want for others and for yourself?