



# Finding God in All Things: Exploring Ignatian Spirituality

**Kathie Budesky, IHM, MA**  
**Saturday, November 9, 9:30am-12:30pm**  
**Suggested Offering: \$25**

“Ignatian spirituality is one of the most influential and pervasive spiritual outlooks of our age. There’s a story behind it. And it has many attributes.”

Join us for a morning of exploration. We will begin with the story behind this distinctive Christian spirituality with an emphasis on developing an understanding of Ignatius of Loyola’s *Spiritual Exercises* and how they can impact one’s world view and one’s everyday life. There will be time to put into practice elements of Ignatian spirituality, a way of living that insists that God is present in our world and active in our lives. You can plan on a morning of input, time for prayer and reflection, and lively discussion.

*Kathie Budesky, IHM, MA, the director of Visitation Spirituality Center, has many years of experience in secondary education, both in the religious studies classroom and in the principal’s office. A graduate of the Institute in Creation-Centered Spirituality at Mundelein College, she was a staff associate in the Ignatian Program in Spiritual Direction and Retreat Ministry at Guelph, Ontario.*



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## Visitation Spirituality Center

**Finding God in All Things: Exploring Ignatian Spirituality Saturday, November 9, 2024**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ E-mail \_\_\_\_\_  
City, State, Zip Code \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

*We are a place of welcome  
for all who seek quiet space,  
spiritual companionship  
or opportunity or spiritual growth.*

