



My Dear Parishioners,

Praised Be Jesus Christ! Despite the Year that was 2020, our parish held a successful **First Friday School of Prayer**. This endeavor marked 20 years since Pope John Paul II called on all parishes across the world to become “**genuine schools of prayer where the meeting with Christ is expressed not just in imploring help but also in thanksgiving, Praise, adoration, contemplation, listening and ardent devotion until the heart truly falls in love.**” (#33 Novo Millenio Inuente). Those “enrolled” in the school learned some practical ways of prayer: **Acknowledging, Relating, Receiving and Responding** to the life and love of Christ Jesus.

Having entered the Season of Lent, in which the call to prayer is upon us, I share with you a tool that you can make your own: **The Daily Examen**. In addition, I recommend both recent article on the subject by Tom Hoopes entitled: “**Find the Father’s Radiant Smile in Your Life**” and downloading the free app entitled, “**REIMAGINING THE EXAMEN**”. Both these tools would be worth your time and will bear great fruit.

Peace,

Fr. Rogers

The Examen: A Daily Prayer

For St. Ignatius of Loyola, the examination of conscience is one of the most powerful spiritual exercises a person can do outside of the sacraments. Ignatius said, “You may miss your meditation some days. You may miss your Rosary. You may miss your spiritual reading. There is one thing I want you never to miss, and that’s your Examen.”

St. Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

Begin with a pause and a slow, deep breath or two; become aware that you are in the presence of the Holy.

Thanksgiving

What am I especially grateful for in the past day? . . . (The gift of another day... The love and support I have received...The courage I have mustered...An event that took place today...)

Petition

I ask for the light to know God and to know myself as God sees me.

Review

Where have I felt true joy today?...What has troubled me today?...What has challenged me today?...Where and when did I pause today?...Have I noticed God's presence in any of this?

Response

In light of my review, what is my response to the God of my life?

A Look Ahead

As I look ahead, what comes to mind?... With what spirit do I want to enter tomorrow?