



A. Introduction

1. Annotations

- i) Explanatory notes...
- ii) Organic whole ... faithful to their entirety...
- iii) Ongoing adaption

B. Ways of making the *Spiritual Exercises*

1. 30-day enclosed retreat

- i) Annotation 20
- ii) The advantages
- iii) The challenges

2. The *Exercises* 'en Etapes' or in stages

- i) Two stages
- ii) Three stages

3. The *Exercises* in daily life

- i) Annotation 19

- ii) The advantages

- iii) The challenges

4. 18th Annotation

- i) What is Ignatius saying?

- ii) The basics...?

5. *Spiritual Exercises* in groups

6. Other ways... with some wonderings

- i) The Preached Retreat

- ii) The 8-day Retreat

- iii) The Online Retreat

7. Closing Remarks

8. Questions for Reflection

- i) In which way did you do the *Spiritual Exercises* and what did you notice?
- ii) Listening to today's input, did anything strike you? What might you be wondering about?