

# ST. PAUL OF TARSUS MEN'S GROUP

**Being Bold! Being Catholic!**

## **PATRON**



St. Ignatius Loyola

St. Ignatius Loyola was born in 1491, one of 13 children of a family of minor nobility in northern Spain. As a young man Ignatius Loyola was inflamed by the ideals of courtly love and knighthood and dreamed of doing great deeds. But in 1521 Ignatius was gravely wounded in a battle with the French. While recuperating, Ignatius Loyola experienced a conversion. Reading the lives of Jesus and the saints made Ignatius happy and aroused desires to do great things. Ignatius realized that these feelings were clues to God's direction for him. Over the years, Ignatius became expert in the art of spiritual direction. He collected his insights, prayers, and suggestions in his book the Spiritual Exercises, one of the most influential books on the spiritual life ever written. With a small group of friends, Ignatius Loyola founded the Society of Jesus, or the Jesuits. Ignatius conceived the Jesuits as "contemplatives in action." This also describes the many Christians who have been touched by Ignatian spirituality.

<http://www.ignatianspirituality.com/ignatian-voices/st-ignatius-loyola/>

## The Daily Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.