

**Mentoring Program**  
**Session 2 — First Week**  
**November 1, 2008**

**Opening Prayer:** Ephesians quote, on p. 53 Companions

**Share Reflections from homework** — One of First Week Meditations or prevailing image of God.

**Review Vocabulary:** Consideration (P&F),

Meditation - engage all of my faculties: memory, understanding, will.

Examen of consciousness,

Points,

Repetitions,

Colloquy,

Review [77]

**Introduction to the First Week [24-44]**

Examen: Particular [24-31] Grow in a virtue? Focusing on daily fidelity to the call of God discovered in the election. Eg. Compassionate Understanding  
Daily [32-43] Consciousness Examen

General Confession: [44] Preferable at the end of the First Week

Note: Good for director to know a good confessor.

Note: Ignatius battled with scrupulosity.

**Exercises of the First Week [45-72]**

Introduces the basic structure of all the Exercises:

1. Preparatory Prayer: same throughout exercises
2. First Prelude: Composition of place
3. Second Prelude: Grace to be prayed for
4. Points for meditation
5. Colloquy

Being a sinner in a world of sin; social sin; unconscious inculturation;

Ongoing creation — moving from structures that might have been useful in the past, but we are now aware do not help bring about the kingdom, eg slavery, suppression of women;  
Kingdom — right relationships with all of creation: human, animal, plant, earth, universe

Does not start with the individual, but with social sin.

*First Exercise:*

Meditation using three powers of the soul: memory, understanding, will  
Praying for shame and confusion. God-centered shame, not imposed shame  
Sin — “lack Eucharist,” unthankful, break in relationship, disordered relationship, separation, experience of disconnection.

*Sin of Angels* — mirror refusing to admit dependence on source of light.  
Darkness enters the universe.

*Sin of Adam and Eve* — loss of original justice on earth (right relationships)

The impact that has had through all generations, entering into our social systems, and impacting the world.

Note: right relationships include conflict as well as cooperation. Violence — the choice to do harm to another out of greed, pride, etc.

*Sin of one person* — hell: excluding oneself from receiving God’s love.

*Colloquy* — What have I done? What am I doing? — Not negative, standing naked before God.

What can I do for Christ? Even in our sinfulness we are called to address not only our own sinfulness but that of the world. Cosmic Christ.

*Second Exercise:*

My own personal sin and God’s infinite love. Atmosphere of peace and gratitude. Grace of growing and intense sorrow even to tears. Lack of emotion can be a sign that they are not getting it.

*My own salvation history:* Place ourselves in the context of God’s ongoing creative laboring. Understanding more fully God’s act of love in creating me, how have I refused the love, what social influences caused me to perhaps unknowingly develop inordinate attachments, how I have chosen to impede the unfolding of God’s creation?

*Allow the sinfulness to weigh heavy* Note: retreatant needs to have experienced the Principal and Foundation, will to let ourselves to enter deeply, not wallowing

*Recognize the social consequences of my sinfulness* — polluting all of creation

*Contrast myself with God*

*How God through all of creation continues to love and support us.*

*Colloquy*

*Third and Fourth Exercises:* Repetitions.

A deepening of the experience of First and Second Exercises.

*Triple Colloquy:* To Mary, Son, Father

Interior knowledge of my sins

Acknowledgement of my shadow side

An awareness of acculturated blindness to social sin that allows me to participate in social structures that move away from God’s desires.

*Fifth Exercise: Hell*

Not a place as much as a state of being. Opposite of P&F.

Purpose of Exercise: Teilhard de Chardin quote. p. 45 Companions

Application of the senses

Modern Day versions of hell: *Saving Private Ryan*, scenes from *Lord of the Rings*, situation of refugees in refugee camps, Iraqis and others caught in war, etc.

Suffering without redemption.

*Helps:* Review of prayer; penance (should always be discussed with director)

Rules for Discernment of the 1<sup>st</sup> Week.

Vocabulary of Rules for Discernment, 1<sup>st</sup> Week: *Agere contra*, Consolation, Desolation,