

Retreat Director



Deborah Dellumo will direct the retreat, present teachings on the themes, facilitate guided prayer experiences, and offer monthly Spiritual Direction. Debbie received her training in a 2 year Spiritual Companionship Program directed by Fr. Bill Creed S.J., in a 3-year Advanced Spiritual Direction Internship in the Ignatian Tradition from Bellarmine Jesuit Retreat House in Barrington, IL., and is currently participating in an Advanced Seminar in Giving the Spiritual Exercises of St. Ignatius of Loyola with Fr. Bill Creed S.J., and Dr Lauren Schwer. She participates in two Peer Supervision groups and receives Spiritual Direction. She currently practices Spiritual Direction, enjoys giving the Spiritual Exercises of St. Ignatius, and providing spiritual formation within the parish and at Bellarmine Jesuit Retreat House. Debbie is a graduate of the Diocese of Gary Lay Ecclesial Ministry Formation Program, Parish Liturgy Program in the Archdiocese of Chicago, IL., has served as Pastoral Coordinator, Coordinator of Liturgy and Spirituality, and Director of Religious Education for Children and Adults in the Diocese of Gary, IN.

Debbie is married 45 years, a mother of 4, and grandmother of 5.

Retreat *in* Daily Life

Meet Debbie in the St. Paul's Narthex after Mass on the weekend of August 17 & 18, 2024 to answer your questions.

If this date doesn't work for you or you would like more information, contact Debbie Dellumo at deborahdellumo@gmail.com

Participant Interest Form: Interested retreatants fill out the form which can be obtained on the desk at St. Paul's Narthex, St. Paul's parish office, the parish website at <https://saintpaulvalpo.org/ministries/upcoming-events/> or by contacting Deborah Dellumo.

Bring your completed form to St. Paul's parish office attention Deborah Dellumo **by September 13, 2024.**

Interested retreatants will be scheduled for a personal interview to discern readiness and commitment in making the retreat. The number of participants will need to be at least 5 and capped at 12. (Individual St. Ignatius of Loyola 19th Annotation or 5 and 8 day retreat experiences are considered upon request).

Total cost for the retreat is \$350, which includes spiritual direction & text books. First half of the retreat fee due in Oct. and second half in Dec. Some financial

St. Ignatius Retreat in Daily Life For Women

**GROW DEEPER
IN YOUR WALK WITH GOD**



**An Ignatian Retreat
in Daily Life For Women**
will be offered in a group setting twice a month (15 sessions) with individual monthly Spiritual Direction from October— May 2024 at St. Paul's Catholic Church Valparaiso, IN.

An Ignatian Retreat in Daily Life for Women is a retreat based

on the **Spiritual Exercises of St. Ignatius**. While most women can't take 30 days off their busy lives for a retreat, this retreat was designed by Ignatius to take place over 8 months while living *in* the midst of daily life.

This journey with the Lord helps the retreatant to grow in spiritual awareness and the ability to find intimacy with God in the midst of everyday life.

As women, we will explore our unique identity created in the image and likeness of God as we encounter the divine.

You are invited to:

- Encounter the living God and God's presence in creation, your personal life story, and current life circumstances.
- Develop a habit of prayer, and become more attentive to the presence of God in your life.
- Better discern your deepest desires to understand God's call and movement in your life and in the world.
- Become a prayerful person in action, experiencing more deeply the vision of "finding God in all things", and everywhere.

Each retreatant commits to these three activities:

- **30-60 minutes of daily private prayer:** Scripture and reflection material provided.
- **Attend and participate in twice a month group retreat sessions facilitated by the director:** Teachings and guided prayer experiences based on the themes of the Spiritual Exercises, recommended scripture, meditations, and share faith on where our prayer has taken us.
- **Individual Spiritual Direction once a month throughout the retreat:** Deborah Dellumo, formally trained to direct the Spiritual Exercises will walk with the retreatant in their journey.

Retreat Sessions will be held at
St. Paul's Catholic Community
1855 Harrison Blvd.
Valparaiso, IN. 46385

Thursday evening sessions 6-8pm

October 17	Jan. 9 & 23
Nov. 7 & 21	Feb. 6 & 20
Dec. 5 & 19	Mar. 6 & 20
2024	Apr 10 & 24
	May 8 & 22 2025

Individual monthly Spiritual Direction sessions arranged with Debbie.

Endorsements

"The Exercises open a person to the Light of God in deeply personal ways. We know what life the sunlight brings forth; well, the Light of God's Spirit touches each "soul" uniquely and brings forth amazing abundance of life and fruitfulness."
Fr. Bill Creed SJ

www.ignatianspiritualityproject.org

"I am in awe of the deep personal formation available to those who commit themselves to the process of transformation that the Spiritual Exercises offer. Many lives, including my own, have been profoundly shaped by St. Ignatius' gift of the Spiritual Exercises to the Church."

Sr. Joyce Diltz, PHJC, D. Min.

Some of the positive comments received from retreatants who have completed the Exercises in recent years:

- "The retreat made God real for me and had me recognize where God is working in my life."

"The Spiritual Exercises have provided a consistent format to live my life as one with God with purpose and direction! They have enriched the quality of my life: mind, body and soul!!!