

St Mary's, Inverness

THE IGNATIAN YEAR:

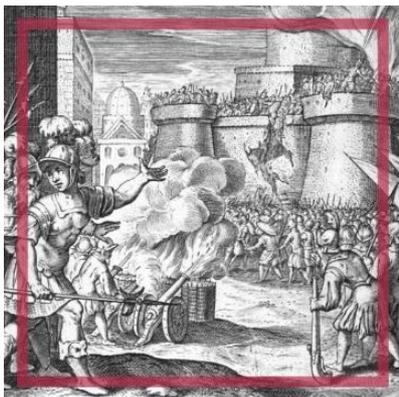


An Introduction [with gratitude to several sources and some thoughts that came into my head as I sought the help of St Ignatius in putting this together].

From 20 May 2021 until 31 July 2022, the Jesuits, the Ignatian family and all who are influenced by St Ignatius are celebrating an Ignatian Year. WE can be part of this world-wide community of prayer, reflection, discernment and devotion.

What is an Ignatian Year?

The 20 May 2021 is the Five-Hundredth anniversary of the great change in the life of St. Ignatius. As we say, 'a game-changer'. Thereafter everything was different. On that fateful day Inigo from Loyola, the courtier and army officer, was struck by a cannon-ball at the Siege of Pamplona.



Hereafter the life of Ignatius was that of a pilgrim, seeking a greater knowledge of God, honouring Him and encouraging others day by day



Each of us could learn something about ourselves by meditating on this important moment in Ignatius' life?

Perhaps we might ask: How might we, and a particular Church community, learn to recognize and embrace those "cannonball moments" which occur in our own lives.

Are the 'game-changers' in our own lives to be shattering obstacles that stand between us and true freedom? Or how might we see the Providence of God showing each of us and the community of Faith the way of Jesus. This has been described as that of 'downward mobility' [so unlike the usual aspirational impulses of modern life]. Walking this way, we walk with Jesus who embraces poverty, humility and even rejection. How well do we face up to that? Not at all easy> This is a useful time for Examen: Looking at each day, giving thanks for the graces and gifts, acknowledging the failures and the debts, and resolving with God's grace to plan ahead for a more fruitful

tomorrow. Once begun, this Examen can be a fruitful and encouraging daily habit, a good habit that checks the other sort.

St Ignatius' life is a study in how his personal circumstances are transformed by the Grace of God.

"For Ignatius, a life of poverty was an expression of intimacy with Jesus... More than words, his poverty was a sign of his interior transformation, of his growing indifference to preparing himself to follow God's will, of his sense that everything came down from above as a gift."

Seeing God in all the circumstances of life, as a gift, brings us to an awareness of 'the Sacrament of the Present Moment'.

We will prepare for The Ignatian Year by offering a Novena to St Ignatius Loyola and thereafter every Wednesday there will be an Ignatian Reflection to stimulate our Devotion to the Lord Jesus, honouring Him in our Devotion and in the service of our brothers and sisters.

The Novena and the Weekly Reflections are designed to be said privately and offer an opportunity for a Fifteen Minute conversation with God, ourselves, and listening to the promptings of St Ignatius.

Praise God always!



Ignatius Loyola

We must speak to God as a friend speaks to his friend, servant to his master; now asking some favor, now acknowledging our faults, and communicating to Him all that concerns us, our thoughts, our fears, our projects, our desires, and in all things seeking His counsel.

AZ QUOTES

Novena to St Ignatius Loyola Day 1

From the writings of St. Ignatius of Loyola:

The moment you decided to use all your strength in praising, honouring, and serving God our Lord, that was the moment you entered battle with the world, raised your standards against it, and made yourself ready to reject all that is exalted by embracing all that is lowly.

At the same time, you resolved to accept with indifference positions high or low, honour or dishonour, riches or poverty, to be loved or hated, to be appreciated or scorned—in short, the world's glory or the injuries it could inflict upon you

If we desire to live in honour and to be esteemed by our neighbours, then we shall never be solidly rooted in God our Lord, and it will be impossible for us to remain undisturbed when insults come our way

Reflective Prayer

Our Father....

With St. Ignatius we pray:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

Within Thy wounds hide me.

Suffer me not to be separated from thee.

From the malignant enemy defend me.

In the hour of my death call me.

And bid me come unto Thee,

That with all Thy saints,

I may praise thee

Forever and ever.

Amen.

St. Ignatius of Loyola, pray for us

Novena to St Ignatius Loyola Day 2

From the writings of St. Ignatius of Loyola:

You are much deceived in thinking that the cause of your unrest and little progress in following the way of the Lord comes from the place where you live, or your superiors, or your brethren.

This unrest comes from within you, that is, it comes from your own lack of humility, obedience, and prayer, and finally from a want of mortification and fervour in advancing in the way of perfection. You could have a change in residence, of superiors, and of brethren, but if the interior man is not changed these other changes will do you no good. Everywhere will be the same for you, unless you become humble, obedient, devout, and you mortify your self-love. This is the change you should seek and no other [Ep. 8:328-329]

Our Father....

With St. Ignatius we pray:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

Within Thy wounds hide me.

Suffer me not to be separated from thee.

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In the hour of my death call me.

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St. Ignatius of Loyola, pray for us

Novena to St Ignatius Loyola Day 3

From the writings of St. Ignatius of Loyola:

The peace of our Lord is something interior, and it brings with it all the other gifts and graces necessary for salvation and eternal life. This peace makes us love our neighbour for the love of our Creator and Lord, and because of this same love we observe all the commandments of the law, as St. Paul says: "He who loves his neighbour has fulfilled the law" (Romans 13:8). He has fulfilled the law because he loves his Creator and Lord and loves his neighbour for his Lord's sake [Ep. 1:162].

Reflective Prayer:

Our Father....

With St. Ignatius we pray: The Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

Within Thy wounds hide me.

Suffer me not to be separated from thee.

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In the hour of my death call me.

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Forever and ever.

Amen.

St. Ignatius of Loyola, pray for us

Novena to St Ignatius Loyola Day 4

From the writings of St. Ignatius of Loyola:

I desire for you the joy and full consolation of soul that I desire for myself, and I sympathize with you in your trials. ..but I consider this a very special gift of God, our Lord for He is providing you with an occasion to practise patience, as well as faith and hope in Him [Ep. 6:161]. In the life which is eternal and without end God will reward your patience with indescribable joy and glory; there will be no trials, sadness, or discomfort—for there are none of these in heaven—but only the fulfilment of every joy and happiness [Ep. 6:161].

Reflective Prayer:

Our Father.

With St. Ignatius we pray:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

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Suffer me not to be separated from thee.

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In the hour of my death call me.

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Novena to St Ignatius Loyola Day 5

From the writings of *St. Ignatius of Loyola*:

We should praise all the laws of the Church, keeping our minds ever ready to seek reasons to defend them and not to oppose them [Spir. Exer., "Rules for Thinking with the Church"].

I must remind you to frequent the sacraments, to read spiritual books, and to pray with as much recollection as you possibly can. Every day set aside some time so that the soul will not be without its food and, thus, you will not be induced to complain like the one who said "My heart has withered because I have forgotten to eat my bread" (Psalm 102:4) [Ep. 6:524].

Reflective Prayer

Our Father....

With St. Ignatius we pray:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

Within Thy wounds hide me.

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Forever and ever.

Amen.

St. Ignatius of Loyola, pray for us

Novena to St Ignatius Loyola Day 6

From the writings of St. Ignatius of Loyola:

If we desire to live in honour and to be esteemed by our neighbours, then we shall never be solidly rooted in God our Lord, and it will be impossible for us to remain undisturbed when insults come our way [Ep. 1:86].

If we find that we are without the patience to endure insults from others we, then, have greater reason to complain, not because of those who injure us, but because of our own sensuality and carnal inclinations, and because we are not as mortified or dead to the world as we should be. These people are offering us opportunities for gaining a treasure greater than anyone can win in this life, and riches more numerous than anyone can accumulate in this world [Ep. 1:86-87].

Reflective Prayer

Our Father....

With St. Ignatius we pray:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

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St. Ignatius of Loyola, pray for us

Novena to St Ignatius Loyola Day 7

From the writings of St. Ignatius of Loyola:

If the devil praises us, we must humble ourselves reflecting on our sins and wretchedness. If he abases us and keeps us down, we must then lift ourselves up in true faith and hope in our Lord, recalling to mind the benefits we have received from Him and with how much love and affection He is waiting to save us. The enemy is totally unconcerned whether he speaks the truth or tells lies; his only desire is to overcome us [Ep. 1:102].

When you find yourself being tempted by the enemy of human nature. . .you must fearlessly state and declare that you are a follower of the Lord and that you would rather die than leave His service [Ep. 1:103].

Reflective Prayer

Our Father....

With St. Ignatius we pray:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

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Amen.

St. Ignatius of Loyola, pray for us

Novena to St Ignatius Loyola Day 8

From the writings of St. Ignatius of Loyola:

I ask you to put forth your every effort to win honour in heaven, fame and renown before the Lord, who is to be our judge. If God has given you the world's goods in abundance, it is to help you gain those of heaven and to be a good example of sound teaching to your sons, servants, and relatives [Ep. 1:81].

Be generous to the poor orphans and those in need. The man to whom our Lord has been liberal ought not to be stingy. We shall one day find in heaven as much rest and joy as we ourselves have dispensed in this life [Ep. 1:81].

Reflective Prayer

Our Father....

With St. Ignatius we pray:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

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St. Ignatius of Loyola, pray for us

Novena to St Ignatius Loyola Day 9

From the writings of St. Ignatius of Loyola:

I recommend that virtue to you which includes all others, and which our Lord so greatly praised by calling it His great commandment: "This is My commandment that you love one another" (John 15:12). You are not only to maintain a union of love among yourselves, but you must extend it to everyone and set your hearts on fire with the desire for your neighbour's salvation, realizing that each soul is the price of our Lord's life and blood [Ep. 1:507].

Prefer the glory of God above everything elseLet your thoughts, words, and actions be in Him. . .and let God's commandments take first place over everything else that is good. This is what He desires, and this is what He commands [Ep. 1:72].

Reflective Prayer

Our Father....

With St. Ignatius we pray:

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Body of Christ, save me.

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