

**St Mary's, Inverness**  
**The Year of St Ignatius**  
**20 MAY 2021 >31 MAY 2022**

**SEVENTH REFLECTION: A NEW BEGINNING AT MANRESA**

**Early Austerities and Insights**



St Ignatius at the Hospice.

**Context** : Leaving Montserrat the Pilgrim, Ignatius, sets out to travel to Manresa, instead of going directly to Barcelona. He had intended to stay for a few days, but he remained at Manresa for eleven months, between 25 March 1522 and March 1523. These were in some ways the most formative days yet, notwithstanding the conversion experience at Loyola following the shattering of his leg, and his dreams, at Pamplona, and the therapeutic days of reflection and confession at Montserrat. He came away from the Abbey and the Shrine of the Black Madonna intent on being a Pilgrim-Soldier for Christ, making a Pilgrimage to Jerusalem. At Manresa all his plans go 'on-hold' as he is caught by God, and 'taught by God'.

This begins when four ladies, also on pilgrimage to Montserrat, travel with him to Manresa and our Pilgrim asks for advice about accommodation. One of them worked as a nurse at the Hospital of St Lucy, outside the city walls, a place for the poor in need of care. Ignatius the Pilgrim, in exchange for a bed stayed there helping with the care of the patients. In his Autobiography he writes of himself

***" he begged alms every day. He ate no meat, nor did he drink wine, though both were offered to him. On Sundays he did not fast, and if someone gave him wine, he drank it....."*** For someone who had been meticulous about his

appearance and turn-out he let his hair grow, nor did he trim his nails, nor his toe-nails. This was a difficult period of penance and austerity which was punctuated with periods of visionary experience ..” ***While living in this hospital it happened many times that in full daylight he saw a form in the air near him, and this form gave him much consolation because it was exceedingly beautiful. He did not understand what it really was, but it somehow seemed to have the shape of a serpent and had many things that shone like eyes, but were not eyes. He received much delight and consolation from gazing upon this object, and the more he looked upon it the more his consolation increased, but when the object vanished he became desolate.***”

The Hospital of St Lucy was the ideal place for the Pilgrim, especially one seeking insight and understanding. St Lucy is the patroness of eyes. She was a virgin-martyr commemorated in the canon of the Mass. Lucy signifies "light." Her symbols are the lamp, and especially from the fourteenth century, a pair of eyes held in her hands or on a plate. In the sixteenth century cult of St Lucy she is accredited with the cure of diseased eyes by water from a spring. There, in Manresa, while staying at St Lucy's Hospice, Ignatius Loyola will experience his greatest insights into God by the waters of the River Cardener.



So our Pilgrimage friend has brought us to a strange place- we do not want to copy his austerities, but is his self-denial, his radical embrace of change, are these not encouragements for us to consider how much we spend on vanities, frivolities, and judging people by their appearances? What our Pilgrim did at Manresa was to embrace the necessity of change in his life, not something we are always able to emulate, even when we recognise the necessity that some things ought 'to go' not only for our own good but for the benefit and encouragement of others.

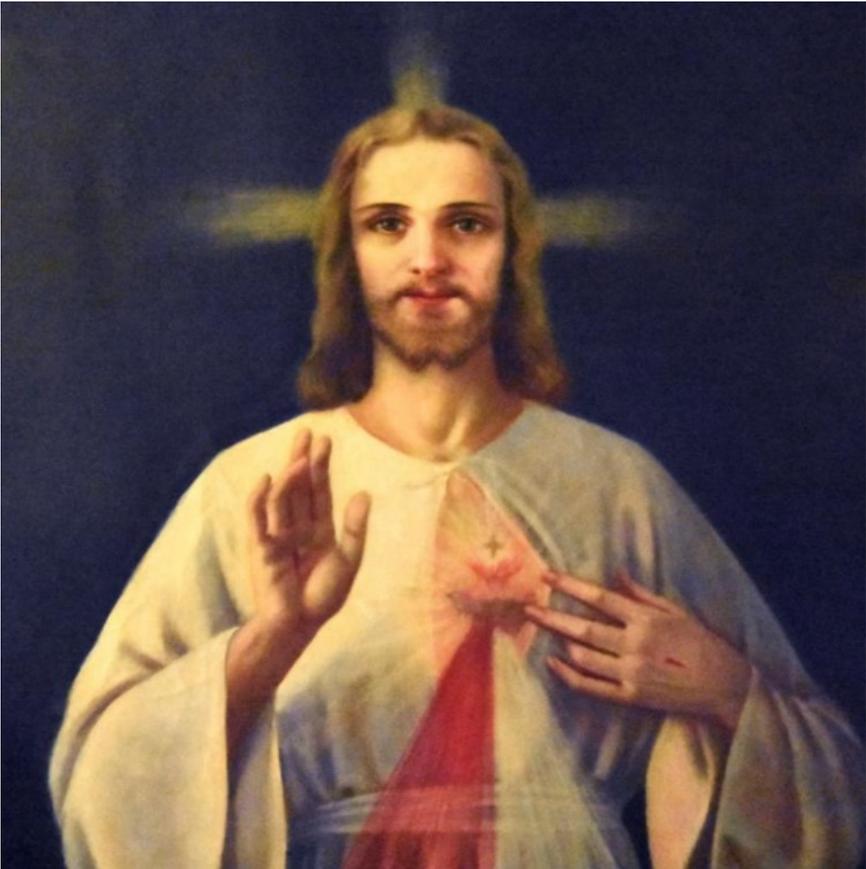
We might with profit use the Examen to see where we might recognise the areas of indulgence and desolation and where we find integrity and consolation. May St Lucy open our eyes to the inward vision.

**Prayer : Examen :**

**POCKET EXAMEN**  
The Ignatian Examen is a 5-step method for reviewing your day and giving thanks to God.

- 1. CENTER**   
Take a moment to become aware of God, myself and my surroundings.
- 2. GRATITUDE**   
What am I especially thankful for today?
- 3. REVIEW**   
What brought me joy? What challenged me?
- 4. TURN TO GOD**   
What could I have done or said differently?  
How can I improve?
- 5. LOOK FORWARD**   
In what spirit do I want to enter tomorrow?

CAMPUS MINISTRY



Today and tomorrow, we embrace the Lord Jesus : ***'Jesus, I trust in You'.***  
**It is in this trusting surrender to the Love of God-in Christ reconciling us all to Himself that enables us to see more clearly, and walk more nearly, and love more dearly, as we walk-the-walk, and talk-the-talk, sharing our insights and the truths of our Holy Faith.**

**An Ignatian Offering of Life: *Suscipe*** - a prayer of radical, self-less offering of every aspect of ourselves

*Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
All I have and call my own.  
You have given all to me.  
To you, Lord, I return it.*

*Everything is yours; do with it what you will.  
Give me only your love and your grace,  
that is enough for me.*

**Scriptural Reflection:** In Matthew 6:19-21 Jesus, while teaching all disciples [through the generations] on the Sermon on the Mount, specifies the difference between treasures on Earth and in Heaven.

***“Do not store up riches for yourselves here on earth, where moths and rust destroy, and robbers break in and steal. Instead, store up riches for yourselves in heaven, where moths and rust cannot destroy, and robbers cannot break in and steal. For your heart will always be where your riches are”.***

**A Period of Silence** in which we pray with St Ignatius seeking understanding and insight.

### **The Lord's Prayer**



***Jesus Mercy, Mary Pray***

***Praise God Always !***