**October, 2018  
Preparation Days  
Fr. Thomas Neitzke, SJ**

https://prepase.weebly.com/october4.html

​﻿1. Grace:     We ask for the grace to understand God's unconditional love for us despite our sinfulness.

2. Daily Readings / Scriptures (Fr. Link's Challenge Book)       
# 3 Do I rejoice in who I am? # 4 How meaningful is my life?  
# 5 How real is God for me? # 6 What is God's plan for me?  
# 7 How open am I to God's plan for me?  
   
3. Ignatian Meditations and Contemplations  
(Fr. Tetlow, Fr. Fleming, and others based on St. Ignatius.)  
a. Prayer before the meditation (inside cover of Link)  
b. [First Principal and Foundation](https://prepase.weebly.com/uploads/8/6/4/5/8645625/the_first_principle_and_foundation_newest--fleming.doc)  
[c. Sin of the Angels](https://prepase.weebly.com/uploads/8/6/4/5/8645625/sin_of_the_angels.docx) [d. Sin of Adam and Eve](https://prepase.weebly.com/uploads/8/6/4/5/8645625/sin_of_adam_and_eve.docx) [e. The Sin of One person](https://prepase.weebly.com/uploads/8/6/4/5/8645625/sin_of_one_person.docx)[f.  Meditation of Hell g. Exercise on Three Sins](https://prepase.weebly.com/uploads/8/6/4/5/8645625/meditation_on_hell.docx)   
4. Understanding Ignatian Spirituality (primary educational piece)  
a. [Pope Emeritus Benedict](https://prepase.weebly.com/uploads/8/6/4/5/8645625/pope_benedict_xvi_words_on_ignatian_retreats.doc) XVI's call for greater use of the Spiritual Exercises (2008)       
[b. Fragments of Grace: Ignatian Spirituality for Protestants](http://metanoia-mrc.blogspot.com/2012/07/ignatian-spirituality-for-protestants.html)[c. Sin: How we see it today.](https://prepase.weebly.com/uploads/8/6/4/5/8645625/sin_how_we_see_it_today.docx) [​](http://metanoia-mrc.blogspot.com/2012/07/ignatian-spirituality-for-protestants.html)5. Prayers  
a[. Prayer for the beginning of a retreat](https://prepase.weebly.com/uploads/8/6/4/5/8645625/prayer_for_the_beginning_of_a_retreat_and_vocations.pdf) b. [Prayer preparation by St. Ignatius](https://prepase.weebly.com/uploads/8/6/4/5/8645625/st._ignatius_importance_of_prayer_preparation.docx)  
c. [Examen](https://prepase.weebly.com/uploads/8/6/4/5/8645625/examen_of_consciousness--adapted_version_for_prep_parents--sept_2009.pdf) d. [Jesus Prayer](https://prepase.weebly.com/uploads/8/6/4/5/8645625/the_jesus_prayer.docx) e. [Triple Colloquy](https://prepase.weebly.com/uploads/8/6/4/5/8645625/triple_colloquy.docx) f. [Praying with 5 fingers](https://prepase.weebly.com/uploads/8/6/4/5/8645625/pope_francis_prayer_method_of_5_fingers.docx)  
  
6. Petitions  
[**Papal**](http://apostleshipofprayer.org/) [**Prep**](https://prepase.weebly.com/uploads/8/6/4/5/8645625/intentions_october_2017.doc)  
  
7. Catholic Practices and Traditions: Question of the Month  
a. [Is St. Ignatius' Examen of Consciousness different from an examination of Conscience?](http://www.soulshepherding.org/2012/12/the-examen-of-consciousness-to-practice-gods-presence/)[b. Rosary, Ignatian method](https://prepase.weebly.com/uploads/8/6/4/5/8645625/chur_devot...rosary-st._ignatius_method.doc)