



*From the National
Office*

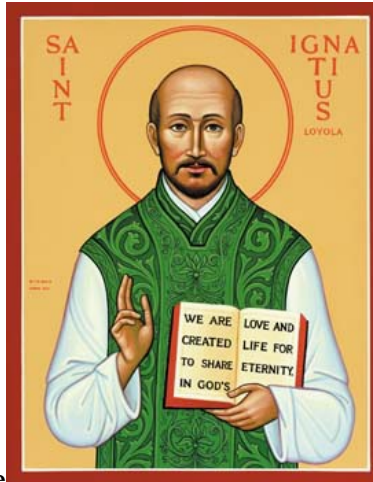
Greetings,

July 2011

IVC sends you good wishes on the Feast Day of St. Ignatius!

Celebrate the Feast Day of St. Ignatius with a moment to reflect on one of his greatest gifts to us – Ignatian Spirituality.

St. Ignatius urged his friends, who were also his followers, to "seek God in all things". To help them, and us, seek God in this way, he left us a method for daily prayer and reflection called The Examen. This method offers a practical and compelling way to bring God's love and grace into the present day. Praying the Examen helps us to be open to the actions and responses God offers our world right now through our own daily lives and activities. When we face many new and critical challenges in the world today, one wonders how we can be lead to move in a positive direction and not succumb to temptations fostered by fear and anxiety. Engaging in this method is a powerful way to bring God's grace into the very moments of your life.



Ignatian Volunteers, who give dedicated time each week in service to persons in need, use this method of prayer to reflect on the meaning of their service and to discern how their service can be deepened.

◆ To learn more about the spiritual component of IVC, click on this [recent article from Jesuits Magazine](#).

◆ If you're intrigued and want to learn more about The

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Examen, take a moment today to listen to this video and perhaps you, too, will find a way to tune into the graces given by God to direct your life; direct our world.

<http://ignatianspirituality.com/ignatian-prayer/the-examen/the-examen-video/>

◆ If you want to learn more about St. Ignatius, enjoy this video by James Martin, S.J.

<http://vimeo.com/20880588>

**May you find God in all parts of your life
and may that “finding” bring you and
the world you touch great joy and peace!
Thank you St. Ignatius for the gift of seeking only to find.**

Be Part of IVC

Here are three ways that you can be part of IVC...

- [Join](#) IVC as an Ignatian Volunteer
- [Make a gift](#) to IVC
- [Pray](#) for Ignatian Volunteers and the hundreds of people they serve each day

Learn more at www.ivcusa.org

IVC is now on Facebook!

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