

# DCM Workshop

## Ignatian Spirituality

Have you always wanted to know

- what spiritual exercises actually are?
- who Ignatius of Loyola was, the inventor of the exercises?
- how to do Ignatian spiritual exercises?

Then this is the right offer for you.

through a mixture of information and concrete exercises you can see whether these forms of spiritual exercises is right for you.

Leader of the retreat will be Vania Kent. Vania has been engaged with Ignatian Spirituality for over two decades, first encountering the Spiritual Exercises in her personal faith journey and later deepening her understanding through a more systematic study of Ignatian Spirituality in her graduate studies at a Jesuit university. She is currently a doctoral student at Uni-Mainz and serves as a spiritual director, guiding individuals through the Exercises to discern God's call in their lives, both in major decisions and everyday choices. Passionate about Ignatian discernment and the rich Christian contemplative tradition, she looks forward to accompanying others in this retreat as they seek a deeper encounter with God. Vania worships with the Episcopal-Anglican community of St. Augustine's in Wiesbaden.

**When:** Friday, 7<sup>th</sup> of November, 16:00 to Saturday, 8<sup>th</sup> of November, 18:00

The undercroft will be open from 15:00 onward on Friday for a meet and greet with coffee and cake.

**Where:** Anglican/Episcopal Church of Christ the King, Frankfurt, Sebastian-Rinz-Str. 19

**Registration Fee:** 40,00 EURO to cover meals, coffee, cake and refreshments, materials and our speaker.

Please transfer the registration fee prior to October 15<sup>th</sup>, 2025 to

*Anglikanische Arbeitsgemeinschaft in Deutschland*

*IBAN: DE31 5185 0079 0027 1017 98, Sparkasse Oberhessen*

You can reach our church by train, U-Bahn or Bus and check into one of the hotels. I would suggest hotels downtown or nearby the church. There is some parking available at the church. Travel is at your own cost.

If you have any questions, please feel free to contact : [monica.mueller-roemer@gmx.de](mailto:monica.mueller-roemer@gmx.de).

