



思維靜院 依納爵靈修中心

XAVIER HOUSE Ignatian Spirituality Centre



Sensing the Divinity

Sensing Humanity,

In the Scriptural tradition, coming to the senses marks the beginning of a conversion journey, a change for a more meaningful life. The younger son turns his life around when “he comes to his senses” (Luke 15:17). Peter finally “comes to his senses” before having realized how he was saved by the angels of the Lord (Act 12: 11). Saint Paul seemed to suggest to the Corinthians that come home to the senses served as a way to know God more fully (1 Cor 15:34).

In the Spiritual Exercises, Ignatius seems to follow the same spirit warning that “For it is not knowing much, but realizing and relishing things

interiorly, that contents and satisfies the soul” [2]. These Exercises emphasize on the tasting (gustar) and trying out (probar), thus focus on the

senses. In the Constitutions of the Society of Jesus, one of the essential dimension of Jesuit formation involves with “guarding the senses.”

Follow this spirit, this 8-day Ignatian retreat, “Sensing Humanity, Sensing the Divine,” will provide various spiritual exercises seeking the grace that empowers the retreatants to come home to their senses so to find a home in the heart of God in Christ.



Let by Fr. Hung Pham SJ

Fr. Pham is a Jesuit priest specializing in guiding and teaching the Spiritual Exercises and

Ignatian spirituality. His mission

includes training future formators, developing different methods of spiritual direction, and fostering networks among Ignatian centers worldwide. As a Jesuit for 26 years, he previously served as Director of the Office of Ignatian Spirituality and as provincial assistant for formation in the US. He has also taught at various institutions, led retreats and seminars globally, and worked in education and refugee services. He holds multiple degrees, including a Doctorate in Sacred Theology from Spain.



Date:

Aug 28 - Sept 5, 2027



Time:

From dinner on first day till lunch (included) on last day



Venue:

Xavier House, Cheung Chau



Participantes:

who have joined prayer workshop or have previous experience of individual guided retreat for three days or above in Ignatian style.



Medium of instruction:

English, may choose English or Cantonese for spiritual direction



Fee:

HK\$ 5,980

