**EXPLORING THE EXAMEN**

 Saturday 19 March 2022, at **Selly Oak Methodist Church B29**

**We may be used to praying with the examen – but there are many ways of doing it. We shall be exploring different ways of using the examen, for ourselves and maybe as a resource to introduce it to other people.**

There’s no need to do anything beforehand!! But if you would like to explore a few ideas about the Examen between now and 19th March, here are some suggestions:

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

This is a 6 minute video from the USA, with a selection of people (mostly Jesuits) reflecting on the way that the examen is important for them as a daily spiritual practice.

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/reimagining-the-ignatian-examen-flip-books/>

This is a flip book version of the examen - *Reimagining the Ignatian Examen*  . Using your laptop or mobile device, the prompts take you through the examen – but at your own pace.

<https://ignatiansolidarity.net/blog/2020/06/03/an-examen-for-white-allies-2/>

This is a way of using the examen to address the racism that is in us and around us.

<http://www.ecologicalexamen.org/>

This Ecological Examen asks you to reflect on your personal relationship with creation, to acknowledge and amend your ways and to promote ecological justice by standing in solidarity with those most impacted by environmental harm.

..and of course the examen on *Pray as you go* gives a variety of people leading us through the examen by speaking. <https://pray-as-you-go.org/article/examen-prayer>

Looking forward to our afternoon on Saturday 19th.

John Austen