



## SPIRITUAL ITINERARY

### Introductory flyer

To mark this Olympic year, let's follow a family spiritual training course about *Body & Soul!*

The Jesuits invite you to explore the spiritual dimension of playing sports and the relationship with the body, through the strains that are experienced in sports activities as well as in the spiritual life. This course will include 6 themes:

1. GAMES & DISCIPLINE
2. BODY & SOUL
3. STRENGTH & FRAGILITY
4. HARDSHIP & STRUGGLE
5. DEFEAT & VICTORY
6. COMPETITION & TEAM SPIRIT

In each booklet, you will find resources to:

- Pray with your family using a guide prepared by secondary school students from our partner schools.
- Deepen your understanding of the theme with a presentation by a Jesuit.
- Change your perspective and be enlightened by the testimony of a special witness.
- Organize a time of sharing or family activities.



## PREPARATION

If possible, the moderator should read the booklet in advance, so as to best adapt the program (or activity) to your family, the age of your children, and whether or not you are used to praying, sharing or engaging in activities together as a family.

The choices are many and varied, so choose a few (or even just one) without trying to do everything. As Saint Ignatius' precious principle reminds us, «*it is not so much knowledge that fills and satisfies the soul, but rather the intimate feeling and relishing of things*». No more than is necessary, but with care!

## LET'S GET STARTED

A few points to consider:

> Assign roles for preparing and leading the different times, without forgetting the little ones.

- **Who will set up the family space: in the living room, around the dining room table, in a prayer corner if the family has one...? A candle? A cross or religious image? A few flowers?**
- **Who will lead the time? Most likely a parent or an older child, in charge of conducting the activities and reading the suggestions.**

### > Agree on the framework

It's best to decide in advance on the place, day and time, and to give a reminder the night before, for example during dinner time (very useful with teenagers...). This gives everyone a chance to prepare.

### > Cultivate the art of listening

It's a well-known fact that, in the family as elsewhere, quality listening encourages quality speaking, particularly when it comes to young children...

The times we suggest include praying and sharing: let's also make place for silence. Let's not rush into things, let's start by listening to each other. It may seem like small steps, but they make a big difference!

