



The general's cannonball

→ [Link to the video of the topo \(with subtitles\)](#)

Supporting their project, Pope Paul III receives the companions and sends them on a mission. **In 1539, they decide to found a congregation in order to keep a link between them. Ignatius had always resisted, having experienced the bad reputation of religious orders at that time.** They become a religious order subject to the 3 vows of poverty, chastity and obedience. On September 27, 1540, the Pope approved the foundation of the Society of Jesus with the "Regimini Militantis" Bulle Pontificale. After having refused twice, **on April 17, 1541, Ignatius is eventually elected Superior General.** On April 22, the companions present in Rome make their solemn profession at St. Paul Church outside the Walls. The other companions will make their profession at the location of their mission. Some companions are sent through Europe; Francis Xavier left for Asia. In Rome, Ignatius continues to exercise the ministries of confession and preaching, giving the Spiritual Exercises and also creating charity organizations: St. Martha's House for prostitutes and "wandering women"; orphanage; collections and material aid for the poor people and the insolvent prisoners... At that time, Ignatius also begins to draft the Constitutions, finishing the writing of the Spiritual Exercises...



the Society of Jesus at that time.

In a way, it is a fifth cannonball: the fiery knight, tireless itinerant pilgrim across Europe, finally accepts to stay sedentary in Rome, remaining at the service of an expanding (apostolic) body, living in simplicity and poverty, and living on his passionate love of the God of Jesus Christ and of Humanity... Ignatius has received and sent an abundant amount of correspondence. More than 6815 letters and instructions written by him or in his name are preserved. His first companions died before him: Pierre Favre in 1546 at the age of 40 in Rome and François-Xavier in 1552 at the age of 46 at the doorstep of China.

Ignatius died in 1556 at the age of 65. 1000 Jesuits are forming

Points of reflection...

- What does this story mean to me? Does it echo a situation I know, have been through or witnessed?
- For a moment I remember the friends who are now far away, perhaps those I have no news of, but who have a very present place in my heart. I mention their names and entrust them to the Lord.
- To whom have I recently written a letter? Who would I like to write to? Why wait... I decide when I will take up my pen like Ignatius in his time.

I can leave a note on the spiritual wall of the retreat

I prepare for this personal time of prayer:



- As I approach the place of prayer, I remember that I am going to spend a moment of intimacy with the Lord.
- I decide on a time for this prayer (15 minutes? 20 minutes?)
- I look for a space and a position that helps me to be present.
- I am silent, I turn off my mobile phone, I breathe slowly: my whole body calms down.
- I realise that I am entering the presence of the Lord. I look at him as he looks at me.
- After a sign of the cross, I ask the Holy Spirit to support me in listening to the Lord during the time of prayer. May everything that happens help me to find Jesus Christ, to know him better, to love him more and to follow him more closely.



BIBLICAL TEXT: PH 4, 6-9

Introduction

St. Paul is detained in Rome, like St. Ignatius will be centuries later.

Today, I turn to God to rest at his side, to meditate on his Word.

On this particular day, may my whole being, my entire existence and my senses be focused to love God and to follow Him more and more.

In the name of the Father, the Son and the Holy Spirit. Amen

Reference of the biblical passage

Today's reading is taken from chapter 4 of the epistle of Saint Paul to the Philippians

Point 1

This passage concludes the letter that St. Paul has written to the church in Philip, a city in Macedonia. I imagine him for a moment, writing these words from his prison in Rome, thinking of his friends, remembering happy memories but also the hard work evangelizing.

Point 2

"Do not be anxious about anything": faithful apostle of Christ, Paul invites believers to turn away from all fear and to choose God in a radical way.

I entrust to God what's heavy for me, what may lead me into the depths of fear.

Point 3

Paul's second piece of advice is simple: act, take action.

For a moment, I remember the inspiring people I know and which have nourished my Faith.

As I'm contemplating them, where am I called to action?

An action towards the poorest, towards migrants, to spread the Gospel, to fight for justice...

I talk with God about this.

Introduction to the second listening session

Let us listen again to this extract from Saint Paul's letter, as if it were directly addressed to me.

Invitation to personal prayer

Saint Paul invites us to address our requests to God.

At the end of this prayer, I speak to God in a trusting heart-to-heart dialogue.

I share with Him what is living inside me, what I deeply desire to live in order to follow Him more and more.

Final prayer

Our Father...

At the end of the prayer

- I take a moment to look at the way it happened, to see if the setting was appropriate (place, time, duration etc.)
- I write down a fruit of the prayer in my notebook
- I can leave a note on the spiritual wall of the retreat

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Testimony #9: "Meeting Christ through two homeless people" - Fr. Tuan Ngyen sj

→ [Link to the video of the testimony \(with subtitles\)](#)



At the end of the listening session

- **What does this testimony evoke in me?**
- **Does it echo a personal experience or that of someone I know?**
- **How have the poorest people ever shown me the way to God?**
- **I write a reflection in my notebook or leave a note on the spiritual wall of the retreat.**