



# MARTYRS' SHRINE

Weekly Church Bulletin | June 22 2019 | SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

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## How the Spiritual Exercises can make for better corporate leaders

A fundamental component of Jesuit Spirituality or, often called, Ignatius Spirituality, is the Spiritual Exercises. These exercises were developed by the founder of the Society of Jesus, St. Ignatius Loyola, as a means to deepen one's connection with God through a series of prayers, retreats, and reflections. These exercises are largely formulated with the principal goal to grow in self-awareness so that you can better understand your talents, and identify what factors are influencing your emotions and how you navigate them, and help you on your life journey.

Part of the Spiritual Exercises is the Daily Examen, a quotidian technique where you reflect on your day to identify moments of grace, and to discern the direction we are being led to go. This is a five-step process of reflection where you become aware of God's presence, review the day with gratitude, pay attention to your emotions, choose one feature of the day and pray on it, and look toward tomorrow.

Two growing terms in business when it comes to assessing what makes great team leaders are "Grit", and "EQ or Emotional Intelligence". These two principal adjectives have become key in the recruitment strategy of many HR professionals because they have been identified as the two most key attributes that will assist someone to succeed. The Spiritual Exercises and Daily Examen build on those two fundamentals.

"EQ" is a person's ability to know and manage their emotions to improve their performance. The Exercises help you to grow in your self-awareness so that you can better understand what affects your emotions, and how you navigate them throughout the day. This helps you keep your mind and spirit free to dedicate your energy instead into meaningful work.

"Grit" is a term that has generated a lot of buzz in articles such as Forbes, LinkedIn, and even in TED Talks. This ambiguous term is most often used to describe someone who has the passion and dedication necessary to set and achieve long-term goals. It's a person who has built a certain resiliency and skill in navigating difficult challenges and continuing forward. The last step in the Daily Examen helps someone achieve just that – recognize the grace of today and look forward to tomorrow.

Effective leadership requires a mental stability anchored in self-awareness and passion for achieving desired outcomes. The Daily Examen is just one way that the Spiritual Exercises can help prime an individual to grow in EQ and Grit. Armed with a sound understanding of your own talents, and emotions, you can better navigate the challenges ahead as you work to achieve your own long-term goals.

If you're interested in the Daily Examen from a management perspective, Paul Brian Campbell, SJ, has created an adaptation of the Daily Examen entitled "Review of the Day for Managers" available online at [ignatianspirituality.com](http://ignatianspirituality.com).

Allex Laurin  
Manager, Marketing & Communications



# LE SANCTUAIRE DES MARTYRS

Bulletin hebdomadaire | 22 juin, 2019 | SOLENNITÉ DU TRÈS SAINT-CORPS ET DU SANG DE CHRIST

## MARTYRS' SHRINE MESSAGE

Get the latest copy of the Martyrs' Shrine message at the information centre. The message is a way for our members to stay connected to the shrine and submit their prayer intentions for the Novena to the Canadian Martyrs and the Novena to St. Joseph.

## TOONIE CHALLENGE

The Church of St. Joseph was not constructed for year-round use. For that reason, the Church was never insulated, and is not heated. A specialized dry-air fire suppression system is required. Our system is in need of an update including replacing its pipes that are at the end of their life. Please support this project through our toonie challenge. If every pilgrim who visited Martyrs' Shrine gave a toonie, we would reach our fundraising goal. Yellow envelopes are available at the rear of the Church for anyone who would like their gift recorded and included on their annual donations receipt for income tax purposes.

## A SPECIAL THANK-YOU TO OUR DONORS

With over 100,000 visitors a year, Martyrs' Shrine relies solely on the generosity of our visitors. We would like to take this opportunity to thank everyone who has donated to Martyrs' Shrine and helped us to excel in our mission, vision and values.

If you would like to make a donation, visit [www.martyrs-shrine.com/donate](http://www.martyrs-shrine.com/donate) or visit the Pastoral and Administrative Office.

### ONLINE GIFT SHOP LAUNCHING SOON

Martyrs' Shrine has been working to create an online store for the purchase of religious goods sold in our Gift Shop. We hope to make religious gifts more accessible to those who can't journey to our site, and more convenient for those who can.

**Be the first to know when it launches by signing-up at  
[www.martyrs-shrine.com/giftshop](http://www.martyrs-shrine.com/giftshop).**

## MASS INTENTIONS †

### 22-SAT

9:00 Savundra Family - Intention  
10:30 Lesley Saguisag - Thanksgiving  
12:00 Joseph Varghese +  
7:30 Martyrs' Shrine Association

### 23-SUN

9:00 Paul Espiritu +  
10:30 Richard Kipling +  
12:00 70th birthday Norbert Crasto  
7:30 Martyrs' Shrine Association

### 24-MON

9:00 Martyrs' Shrine Association  
7:30 Holy Souls in Purgatory

### 25-TUES

12:00 Chithrani De Silva +  
7:30 Bernard Hill - For healing of  
colon cancer

### 26-WED

12:00 Martyrs' Shrine Association  
7:30 Panfilia Panza

### 27-THU

9:00 Cecil & Lorraine Kirkwood +  
12:00 Caterina and Pietro Garieri  
and Iozzo Domenico +

### 28-FRI

9:00 Fr. Paul Dobson  
12:00 K. Gananathan & Family  
7:30 Martyrs' Shrine Association

**If you would like a Mass sacrificed  
for your intention, please inquire  
at the Pastoral and Administrative  
Office. Masses still available in the  
month of June.**

**Visit our website for more news and information!**

**[www.martyrs-shrine.com](http://www.martyrs-shrine.com)**