

FACT SHEET

Category:	Religion / Spiritual Retreats
Title:	The Mass, The Eucharist, and the Spiritual Exercises
Subtitle:	A Journey to Jesus
Author(s):	Fr. Thomas Krettek, SJ
Book Description:	Discover how the Mass is the living heart of your spiritual journey.

In *The Mass, the Eucharist, and the Spiritual Exercises*, Thomas Krettek, SJ, reveals a profoundly practical insight: The structure of St. Ignatius's Spiritual Exercises mirrors the structure of the Catholic Mass. Seen together, these two treasures of the Church form an ongoing pilgrimage into the heart of Christ.

Drawing on the wisdom of St. Ignatius, the writings of Pope St. John Paul II, and the timeless prayers of the Roman Missal, Father Tom shows how the Eucharist is truly what John Paul II called the "sacrament of the human pilgrimage." By mapping the Weeks of the Spiritual Exercises onto the movements of the liturgy, readers discover that Ignatian spirituality and Sunday worship are meant for each other, renewing the fruits of the Spiritual Exercises in the rhythm of the Mass.

Ideal for retreatants, spiritual directors, parish leaders, and anyone longing to deepen their eucharistic devotion, this guide offers practical reflection points and prayer tools that help Catholics move from merely attending Mass to truly living the Mass in their hearts and souls.

This book shows how the Mass, the Eucharist, and the Spiritual Exercises together form a single, continuous journey toward God. It offers a clear and practical guide for living daily life as a pilgrimage with Christ. Drawing on the insights of St. John Paul II and St. Ignatius of Loyola, it also helps readers carry the fruits of a retreat into their weekly participation at Mass.

Author Bios:	Fr. Tom Krettek, SJ , entered the Society of Jesus in 1971. His ministry has focused on Jesuit formation, governance, and
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philosophy education in Kenya and the U.S., including service as Wisconsin Province Provincial (2005-2011). He currently serves as Director of Mission & Identity for Loyola Press and Superior of the Bellarmine Jesuit Retreat House and Community.

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