St. Ignatius of Loyola, founder of the Jesuits, underwent a profound transformation resulting from his prolonged confinement after being hit by a cannonball in battle. This experience inspired him to see all things new, resulting in a conversion of both heart and mind.
This year at Georgetown, we mark the 500th anniversary of Ignatius’ difficult yet transformative experience by inviting you to consider your own “cannonball moments.”

Pause
The prolonged confinement many of us have recently experienced may have provided each of us the opportunity to look about and re-evaluate our practices and direction.

Reflect
For many this confinement forced us to see things anew and develop new habits and routines, providing the space to be more attentive to potential shifts in perspective and ways of proceeding.

Draw Out the Meaning of Your Story
Consider and ponder your unique story and the journey of your own life, especially how the struggles of time in seclusion led to personal change and improvement.

Turn Toward Others with Concern for Their Stories
Create space in your heart, mind, and in your day to listen to the stories of others, attentive to their needs and concerns.

All Things New

GEORGETOWN UNIVERSITY