



Moment by Moment: A Retreat in Everyday Life

Carol Ann Smith, Eugene F. Merz

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Drawing on the classic retreat model, The Spiritual Exercises of St. Ignatius, *Moment by Moment* offers a new and inviting way to find God in our often busy and complex lives. In a series of 32 "Moments", the text guides the reader with thought-provoking questions, practical suggestions, and excerpts carefully chosen from scripture and The Spiritual Exercises. Its simple format can be used by an individual or by groups in a number of ways: as a way of making the Spiritual Exercises in daily life, as a guide for daily prayer, as a companion for reflection, or as suggested themes for a retreat. Drawing upon their extensive experience as spiritual directors, the authors write in their introduction, "This book offers a way to reflect and sift through one's multiple life experiences and to discover in them the leading thread of God's longing and desire to make us a holy people who are given in service to others." Anyone seeking spiritual growth will discover that *Moment by Moment* offers wise direction and fosters a holistic spirituality firmly rooted in the daily experience of God in one's life. University. She has written two other retreat guidebooks; *Abundant Jubilee* (1996) and *Living Wells* (1998) that were produced privately by Society of the Holy Child Jesus. Carol Ann Smith resides in Wauwatosa Wisconsin. Eugene F. Merz, SJ also ministers at the Center for Ignatian Spirituality at Marquette University. He has written one book; *Pathway to God* which was printed privately by Wisconsin Province of Society of Jesus, 1997. Eugene F. Merz resides in Milwaukee Wisconsin.

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