Week Starting Sunday, August 22:
- Start praying the **Consciousness Examen** daily
- Read Aschenbrenner’s article, “Consciousness Examen”
- Read O’Brien, *The Ignatian Adventure*, pp. 13-31

A1: During the Week Starting Sunday, August 29:
- Continue praying the **Consciousness Examen** daily (10-15 min)
- Pray with the **daily Gospels**
  - Use either **Reflective Meditation** or **Imaginative Contemplation**
  - Pray between 20 to 30 minutes daily (we’ll gradually build up to 45 min)
- Sun 8/29   Mark 7:1-8, 14-15, 21-23
- Tues 8/31  Luke 4:31-37
- Wed 9/1   Luke 4:38-44

A2: During the Week Starting Sunday, September 5:
- Continue praying the **Consciousness Examen** daily (10-15 min)
- Pray with the **daily Gospels**
  - Use either **Reflective Meditation** or **Imaginative Contemplation**
  - Pray between 25 to 35 minutes daily (we’ll gradually build up to 45 min)
- Sun 9/5    Mark 7:31-37
- Tues 9/7   Luke 6:12-19