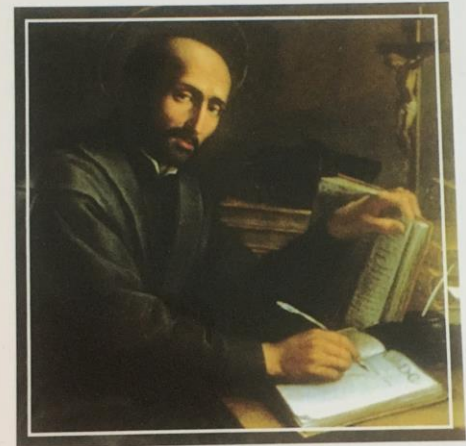


The background features a soft, abstract design with flowing, curved shapes in shades of light blue and white, creating a sense of movement and depth. The text is centered in a bold, black, sans-serif font.

**Let the  
Oppressed  
Go Free**

# The Spiritual Exercises of Saint Ignatius of Loyola

**THE SPIRITUAL  
EXERCISES  
OF  
SAINT IGNATIUS  
OF LOYOLA**



*Translated by*  
**Michael Ivens, SJ**  
*Introduced by*  
**Gerard W Hughes, SJ**

**[306] THE EIGHTH APPEARANCE. JOHN 21:1-17**

First. Jesus appears to seven of his disciples, who were fishing; they had not caught anything during the whole night, but when they cast out the net at his command, 'they could not pull it in because of the huge catch of fish'.

Second. St John recognized him by this miracle and said to St Peter, "It is the Lord", and the latter jumped into the sea and came to Christ.

Third. He gave them some broiled fish and a honeycomb to eat, and after first examining him three times on charity, he entrusted the sheep to St Peter, saying "Feed my sheep."

# INVISIBLE WOMEN

EXPOSING  
DATA BIAS  
IN A WORLD  
DESIGNED  
FOR MEN

CAROLINE  
CRIADO  
PEREZ





**“The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.  
He has sent me to proclaim release  
to the captives  
and recovery of sight to the blind,  
to let the oppressed go free,  
to proclaim the year of the Lord’s  
favour.”**

**“Take away from me the noise of  
your songs;  
I will not listen to the melody of  
your harps.”**

**“But let justice roll down like  
waters,  
and righteousness like an ever-  
flowing stream.”**

**Amos 5: 23,24 NRSV**

**“While about a third of school-age children come from a minority ethnic background, the Centre for Literacy in Primary Education found that only 7% of children’s books published in Britain in 2018 had a Black, Asian or minority ethnic character.**

<http://theconversation.com/british-childrens-books-are-still-too-white-responsibility-to-change-them-is-on-all-involved-126853>

**“Around 30% of women will be subjected to abuse by a partner at some point in their lifetime. For younger people... 72% will be emotionally abused by a boyfriend by the time they are 16, 32% will be sexually abused and 25% will be physically assaulted by a boyfriend.”**

**Natalie Collins – Gender Awareness Specialist.  
Recovering God Podcast – Episode 3**





Recovering

Good

Podcast





**God... “wanted me to do more than just praise his name and study the Bible. He wanted me to take action.”**

**Joshua Wong – quoted in The Times. 01.02.2020**

**God is love**

**God loves us**

**God calls us to love others**

**““You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbour as yourself.’ On these two commandments hang all the law and the prophets.”**

**Matthew 22:37-40 NRSV**