



Just FAITH Engaging SPIRITUALITY

*May you be strengthened in your inner being with the power of the Spirit...
that Christ may dwell in your hearts... as you are being rooted and grounded in love...
Ephesians 3:16*

Are you concerned about how to live an authentic life in a world where suffering and injustice are so pervasive?

Are you searching for guiding wisdom about how to follow Jesus with integrity in these times?

Are you open to opportunities for spiritual growth?

If your answer to these questions is an enthusiastic “YES,” then you may be ready for a new JustFaith offering called *Engaging Spirituality*. **This twenty-one session intensive workshop** invites faithful adults to break open their lives, penetrate the realities of our times, and explore the intersection between Christian spirituality and Gospel justice. Immaculate Conception will offer a **Thursday evening group** beginning in September. Pre-registration and a discernment process are required for all participants. The group is limited to twelve participants. In addition to the \$25 registration fee, participants will spend approximately \$90 for books.

Engaging Spirituality invites faithful adults to break open their lives, penetrate the realities of our times, and explore the intersection between Christian spirituality and Gospel justice. Co-facilitators host a 45-minute *Introductory Session* for potential participants. This session offers prospective participants a taste of Engaging Spirituality and a forum to address their questions or concerns. At the end of this session, co-facilitators distribute copies of a (2-step) *Discernment Process* to those interested in pursuing Engaging Spirituality. For the first step of the discernment, applicants respond to a set of reflection questions. To complete the second step, they set up a (20-minute) *Participant Interview* with the co-facilitators.

Engaging Spirituality includes these unique dimensions:

- It is an accessible, practical, and communal process.
- It introduces seekers to a breadth of contemporary and ancient wisdom.
- It invites people to engage current social realities from their hearts.
- Rooted in the Catholic experience, it promotes a “grounded spirituality” for living the Gospel in these times.

A Small-Group Process for Engaging Spirituality

- Small-group focused 8-12 individuals
- Grassroots-led co-facilitated by 2 trained participants
- An extended commitment 21 weekly (2 1/2 hr) sessions
- Multi-dimensional 2 retreats, 2 immersion experiences, journal-keeping, prayerful dialogue, spiritual reading
- Resource-full 8 texts, 4 video presentations, exposure to applied wisdom from contemporary teachers
- An integrated process spiritual practices, lifestyle challenges and outreach ministry

Bearing the Burden of Integrity

In addition to spiritual reading, dialogue and immersion experiences, Engaging Spirituality groups will have access to the grounded wisdom of 24 contemporary spiritual pathfinders. Each week groups reflect on a letter from a spiritual teacher, contemplative or activist. These contributions, commissioned specifically for Engaging Spirituality, are called BEARINGS, since the authors bear witness to their personal, practical struggle to live an authentic Christian life amid the complexities of our world.

Engaging Spirituality 2017-2018 Registration

Name _____

Address _____

Telephone _____

E-mail _____

Thursday Evenings, 6:30-9 pm

Please return this completed form with your registration fee of \$25.00 to:

Immaculate Conception Catholic Church

901A West Chapel Hill Street

Durham, NC 27701

For more information on JustFaith Engaging Spirituality contact:

Maryann Crea at the parish office (919) 682-3449 x270 or by e-mail at cream@icdurham.org