



Entering the Narrow Gate 2018-2019

Year-long Spiritual Formation Program

Hosted by: **St. Luke's Lutheran Church, Grand Rapids, MI**

3215 4 Mile Rd NE, Grand Rapids, MI 49525 (616) 363-2381

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Facilitator: Sister Nancy Brousseau, OP: (516) 560-4580 or nbrousseau@aol.com

Explore the classic elements of monastic, spiritual & contemplative life to discover how this ancient wisdom, learning and spiritual practice might be understood and lived in new settings & life today. The program offers a reflective personal & transformative process for all who desire deeper life in Spirit and more intentional living of the Christian life in Christ. The rich and inspiring teaching is centered on the saints, mystics and spiritual teachers of the Christian centuries, personal contemplative prayer practice and the writing and living of a personal Rule of Life.

- **September 2018 to June 2019, Ten Fridays, 9:30 a.m. to 4:30 p.m.**
- **(please bring your lunch, coffee provided)**

Ten sessions, 9:30 am-4:30 pm; one Friday per month (except October)

Tuition: \$550 (Payment in full or 50% due with registration and 50% due in January or February)

Required books (may be purchased on Amazon.com at reduced cost) Required editions:

The Wisdom Jesus by Cynthia Bourgeault; *The Rule of Benedict*. Ed., Timothy Fry Liturgical Press, 1982; *The Holy Longing: The Search for a Christian Spirituality* by Ronald Rolheiser., *The Cloud of Unknowing* translated by Carmen Acevedo Butcher, 2009; *The Spiritual Life* by Evelyn Underhill;

Recommended:

Things Hidden: Scripture as Spirituality by Richard Rohr

The Deeper Journey by M. Robert Mulholland, jr

Invitation to a Journey: A Road Map for Spiritual Formation by M. Robert Mulholland, jr

Each session has required readings (short background and/or readings from the original writings of each spiritual teacher) and journal questions emailed to participants prior to each session. Participation in a four-day silent directed retreat during the year is encouraged - scheduled at St. Francis Retreat Center in DeWitt in March or April of 2019; Omena House, Omena MI in April 2019

- Participants are encouraged to have a spiritual director
- Those completing this first year may apply for a two-year Formation Program & Practicum for on-going discernment of a call to the ministry of spiritual direction. The Practicum for becoming a spiritual direction begins every two years...next program begins September 2018 and then 2020.

Program Schedule for 2018-2019:

9/7/2018 Gospel according to John

Paschal Mystery and Spiritual Journey

10/5 Mothers & Fathers of the Desert

Contemplative Prayer & Approaches to God

10/26 St. Benedict and St. Scholastica

St. Hildegard of Bingen

12/7 Bernard of Clairvaux

St. Francis & St. Clare

1/4/2019 St. Dominic & St. Catherine of Siena

Meister Eckhart

2/8 Beguine Women's Movement -13th c

Julian of Norwich

3/1 St. Teresa of Avila

St. John of the Cross

4/5 Cloud of Unknowing

St. Ignatius of Loyola

5/3 Evelyn Underhill

Dorothy Day

6/7 Thomas Merton

Integration of the Year