



Entering the Narrow Gate 2019-2020

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

Staff coordinator: Sharon Ross: (616) 308 4969 or sharonstlk@gmail.com

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 the Holy Spirit/spirit and more intentional living of the Christian life in Christ. The rich and inspiring teaching is centered on the spiritual teachers of the Christian centuries, personal contemplative prayer practice, spiritual companion conversations, and in some sessions an afternoon "retreat experience" with helps for living a more integrated spiritually mature life in Christ.

September 2019 – June 2020, Ten Fridays – One per month, 9:30 a.m. to 4:30 p.m.

- (please bring your lunch, coffee provided)

Tuition: \$600 (Payment in full or 50% due with registration and 50% due in February or individual plan)

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

The Wisdom Jesus by Cynthia Bourgeault; *The Holy Longing: The Search for a Christian Spirituality* by Ronald Rolheiser.

Recommended: *The Deeper Journey* by M. Robert Mulholland, jr

- Each program day consists of time for learning about a spiritual teacher from the Christian tradition in the morning and an afternoon retreat experience or "simmering" time inviting deeper learning and integration.
- Each session has a reading (short background and/or from the original writing of each spiritual teacher), reflection questions and suggestions for further prayer and reflection. *These are emailed to you.*
- A four-day silent directed retreat during the year is encouraged. Scheduled at St. Francis Retreat Center in DeWitt in March or April and Augustine Retreat Center, Conway, MI in March or June or Transformations Spirituality Center in Nazareth, MI -- dates available at a later date.

Program Schedule for 2019-2020:

9/6/2019

Gospel according to John

Paschal Mystery and Spiritual Journey

10/4

Desert Mothers as Midwives of Wisdom

Contemplative Prayer & Approaches to God

11/8

St. Hildegard of Bingen

Living an Integrated Spiritual Life

12/6

St. Francis & St. Clare

Creation: the First Incarnation

1/10/2020

Retreat day with Julian of Norwich:

Growing into Wholeness

2/7

St. Catherine of Siena

Called as Prophet and Mystic

3/6

St. Ignatius of Loyola

Developing a Discerning Heart

4/3

St. Teresa of Avila

The Christian Spiritual Path

St. John of the Cross

When Night Comes Upon Us

5/1

D. Bonhoeffer

The New Monasticism

6/5

Dorothy Day

Thomas Merton

Bringing All Things Together



Christian Spirituality: Entering the Narrow Gate

Spiritual Formation Year-Long Program

Hosted by: Center for Spiritual Formation

St. Luke's Lutheran Church, Grand Rapids, MI

Registration – 2019-2020

Tuition: \$600 (50% due with registration and 50% due in January or February-unless another payment plan has been arranged)

Make checks payable to St. Luke's Lutheran Church

(please print **Narrow Gate** on memo line of check)

Mail completed registration form with payment to:

St. Luke's Lutheran Church,

3215 4 Mile Rd NE, Grand Rapids, MI 49525

Facilitator, Sister Nancy Brousseau, OP and guest presenters

Email: nbrousseau@aol.com Cell: 616-560-4580

Staff Coordinator: Sharon Ross [616\) 308 4969](tel:6163084969) or sharonstlk@gmail.com

- Ten Fridays, 9:30am-4:30pm; one Friday per month, September 2019- June 2020
- Dates: 9/6, **2019**; 10/4; 11/8; 12/6; 1/10, **2020**; 2/7; 3/6, 4/3; 5/1, 6/5
- Coffee available; please bring your lunch/beverage & perhaps a snack to share.

_____ **Please mail this bottom portion with your check** _____

Registration: Entering the Narrow Gate St. Luke's 2019-2020

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____

Email: _____

Amount enclosed: _____