

Program Guides

Deacon Tom Baker, St. David the King Church, West Windsor

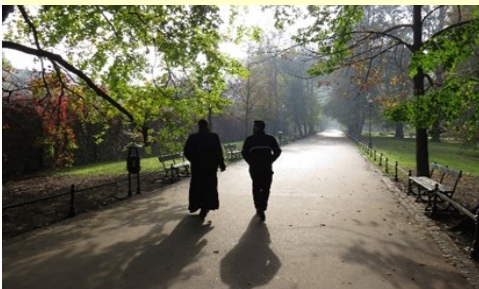
Nanci Bachman, St. David the King Church, West Windsor

Martin Arsenaault, St. Anthony of Padua Church, Hightstown

Gary Maccaroni, Church of Saint Ann, Lawrenceville

Spiritual Companionship

In order to ground and support participants' spiritual journeys, trained and experienced spiritual companions are available.



Program Content & Format

The Christian Spiritual Journey is the introductory and foundational mini-course. It is offered in person on 4 consecutive Thursday evenings starting October 28, 7:00 p.m. to 8:30 p.m., at St. David the King Church. Also available as a self-paced e-course on the St. Ann parish website. A 10am to 2pm retreat Saturday, Dec. 11 with lunch and fellowship completes this course.

Two additional companion mini-courses, **Formation for the Journey** and **Spiritual Discernment**, offered during the Lenten/Easter season completes the courses. Electives are offered for those who complete the three sequential courses. The sessions are a combination of information, prayer, and shared participation/reflection.

Participants are expected to pay for books. Participants receive resources for each session. Occasional opportunities are provided to gather as a community to gain support, learn more, and attend retreats.



Purpose

An adult renewal and enrichment experience for spiritual seekers who want to explore a deeper relationship with God within an open, inviting setting.

Inviting participants to journey the common path and core spiritual practices, exploring the breadth and depth of Christian faith & spirituality.

—Just by the very nature of our birth,
we are on the spiritual journey.”

—Fr. Thomas Keating, O.C.S.O



An Invitation to Grow

We invite you to gather in a loving and supportive community to explore and experience the riches of the Christian faith and spiritual traditions.

The program offers the opportunity to walk the common Christian path, the 'path of the heart,' in the company of wise teachers of the past and present, and spiritual companions who share from their wisdom and experience.

Contact 609.882.6491, ext. 116 or 609.306.3760 with questions. Go to <https://christianspiritualjourney.org/> for more information.

Program Courses/Sessions

The Christian Spiritual Journey

The Christian spiritual journey begins with the heart's deep longing for the wholeness found only in and through God. It moves along the path leading to transformation into the likeness of Christ. Based on Marjorie Thompson's book, *Soul Feast*, we explore the common path Christians throughout the ages have taken to seek and find God who also seeks us.

The core spiritual practices of worship and the sacraments, sacred reading of Scripture, and prayer as are introduced,

Participants are invited to a retreat Saturday (Dec. 11) which completes this course—day includes (1) creating a map of one's spiritual journey, and (2) developing a Rule of Life, an intentional way to develop a balanced and sustainable rhythm of life.

Offered Fall 2021 on four consecutive Thursday evenings, starting Oct. 28, at St. David the King Church

Prerequisite to other offerings.

Companion Courses

Formation for the Journey

Journey deeper into the heart of Christian spirituality. Through the contemplative paradigm, the deepening of the inner life and maturing of the soul, participants discover new aspirations and freedoms, and explore practices that can bring personal transformation, sustaining and nurturing them on the spiritual journey. Bringing the contemplative way of being into all of life will be emphasized in this course.

Offered Lenten/Easter Season 2022

Spiritual Discernment

Discernment is rooted in the desire to live within the reign of God and to make God's will our will. This mini-course takes participants through the art of prayerful listening, observing, and following the whisperings and actions of the Holy Spirit, calling the mature Christian to trust God in all of life.

Offered Lenten/Easter Season 2022

Evening prayer on June 24, the Feast of the Sacred Heart completes the program.