

PRAYER AND SPIRITUAL FORMATION



WHEN

7:30 PM
Each Evening

January 15 & 29

February 5 & 19

March 5 & 19

April 2, 16 & 30

May 14

The initial program is scheduled for six weeks, allowing for sufficient class time for continuing education credits for our catechists.

Those wishing to continue will meet in April and May. These evenings will allow the participants to gain further understanding of the great “Masters of Prayer” whose guidance we will seek as we grow into more active-social contemplatives in the modern world.

St. John the Baptist Parish

Christian Prayer experience for those who seek a greater relationship with God.

If there are many ways to God, then there are an equal number of ways to pray. Each needs acknowledged and honored in our personal journey.

WHO MAY ATTEND:

Anyone wishing to grow in their experience and understanding of prayer, and who is seeking to grasp the spiritual foundation of their lives.

I TEACH. CAN I BE LATE?

This is understandable. Yes, come whenever you can. Please be mindful that the first 15 minutes of each session will be spent in developing a meditative prayer experience or in centering prayer. So please be quiet upon entering the room. Each session will begin on time.

WHAT SHOULD I BRING WITH ME?

Have a notebook specifically designated for this class. A couple pens, and an open mind are all that are required. The chairs in the Rectory Meeting Room have padded seats. But on some nights we may need to use the Annex. So it may do well to have a pillow or stadium cushion in the car. You want to be comfortable!

HOW COMFORTABLE?

Wear relaxed clothing — nothing tight. Preferably, wear layered clothing should the room prove too warm or cold for your liking.



IS THERE AN AGE LIMIT?

All adults and high school students are encouraged to attend — even if not pre-registered. Those younger need a different approach than we older folks. High school students can make the any adjustments that are necessary. And yes, non-Parishioners, family & friends are welcome.

This course will provide experiential understanding of prayer formation from the basic learned, spoken prayer to the gift of contemplative prayer. All will gain a greater understanding of spiritual formation as individual gift of grace, and our prayer as a response to grace.

Opportunities will be provided in various forms of **Meditative Prayer**, inclusive of **Lectio Divina, Journaling, Guided Meditation**, as well as **Centering Prayer, the Prayer of Nothingness (Abandonment), the Prayer of the Will**, and other practices which enable the individual to be more disposed to the gift of **Contemplation**.

The course will use the teachings of the classics as well as contemporary spiritual guides to bring participants into a union of their natural and spiritual realities where life becomes one big very joyful prayer.

CALL TO ACTION

On January 4 the First Session of the 110th Congress commenced. The Democratic leadership has stated that within the first 100 hours it intends to pass various pieces of legislation. By all public accounts a bill funding embryonic stem cell research will be among those measures. Votes could take place this week.

Just how the scenario unfolds remains to be seen. For now, it is sufficient to register objections on this issue to your two U.S. Senators and your U.S. Representative.

Destroying human embryos to obtain embryonic stem cells is immoral. It is also unnecessary. Stem cells from adult tissues, umbilical cord blood, and other morally accepted sources are already producing treatments for diseases. Embryonic stem cells have yet to benefit any human patient.

New research using amniotic fluid was reported this past week as potentially the best of all situations since it holds the multiple properties of embryonic stem cells and the stability of adult tissue, which is lacking in the embryonic cells. This new research also shows what many have previously kept silent — that embryonic stem cells are not as stable as has been proposed, a property necessary for use elsewhere.

See: www.stemcellresearch.org.

Also see: www.usccb.org/prolife/issues/bioethic/stemcell/index.htm.

ACTION: Contact legislators and urge them to oppose any support for embryonic stem cell research.

Write to the new Senators at: U.S. Senate, Washington, DC 20510.

Write to the new Representatives at U.S. House of Representatives, Washington, DC 20515.

Contact incumbent Senators and Representatives by U.S. Mail, FAX letter, e-mail, or phone. Call the U.S. Capitol switchboard at 202-224-3121, or call your Members' local offices. For Senators' full contact information,

see: www.senate.gov/general/contact_information/senators_cfm.cfm.

For representatives' full contact information, see cleck.house.gov/members/index.html.

MESSAGE: *"Please oppose any legislation that would promote the destruction of human embryos for stem cell research. Adult stem cell research is a morally acceptable alternative that is already producing therapeutic benefits for human patients."*

Please Act Today!