

## THE CHRISTIAN SPIRITUAL JOURNEY

### **Eight Monday Evenings (An Eight-Session Mini Course, Feb. 5 through March 26)**

**Church of Saint Ann, Lawrenceville, N.J. – 7:00 p.m. to 8:30 p.m.**

This eight-session course, beginning on Monday evening, Feb. 5 and ending on Monday evening March 26, offers a framework for understanding the spiritual life for those who follow the way of Jesus. We will explore spiritual practices that can help us deepen our experience of communion with God, and become more “present” in our everyday life, in order to become increasingly attentive to God’s Presence. The goal of this course will be establishing and/or deepening our own daily spiritual practice. We will use a Soul Feast by Marjorie Thompson as a guide and draw support and strength from the class as a community of practice. While the course will offer a wealth of resources and information, its emphasis is on spiritual growth and renewal through shared reflection (group discussion) and through participation in the rich spiritual/prayer practices found in our faith tradition. Some themes explored are: Seeking the Interior Life, Stages and Obstacles on the Spiritual Journey, Prayer as Hunger and Thirst for the Spirit, Christian Hospitality, Spiritual Direction (Companions On the Journey), Reclaiming Sabbath Time, Putting it All Together: Developing Your Personal Plan (“Rule of Life”)/Giving Direction to Your Spiritual Life.

**Leader:** Gary Maccaroni has served the Saint Ann parish community as a Pastoral Associate since 1996. Gary has an MA from Princeton Theological Seminary. He is a commissioned Lay Ecclesial Minister in the Diocese of Trenton, and is currently a presenter for the Diaconate Program in the Diocese of Trenton.

**Registration:** To register, or for more information, contact Gary Maccaroni at 882-6491, EXT. 116, or by email: [gmacc@churchofsaintann.net](mailto:gmacc@churchofsaintann.net). **ALL ARE WELCOME!**