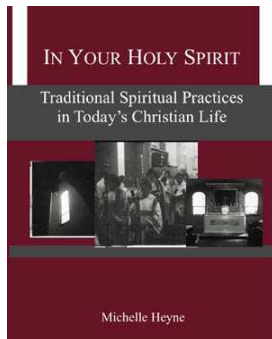


# Discovering the use of traditional spiritual practices in our lives – Lent 2011

Come and explore the traditional spiritual practices of our faith and see how they can be used to nourish your spirituality. The program is a mix of presentation, discussion and experiential activities and will require some reading. The program is designed that people can leave at 8 pm (to go to choir practice).

**Classes will be on Thursdays in Lent beginning at 6:45 - 8:30 pm.**



March 17 – Overview and Weekly Spiritual practice: Holy Eucharist

March 24 – Daily Spiritual practice: The Prayers of the Church

March 31 – Integrating practice: Using Reflection

April 7 – Integrating practice: In Community

April 14 – Where it leads: Service

The class is based on the book [In Your Holy Spirit: Traditional Spiritual Practices in Today's Spiritual life](#). Author Michelle Heyne gives practical guidelines on how to engage the spiritual practices of our church and also shares some refreshingly honest stories from her own journey. We have a few copies for sale for \$14. Copies can also be bought at <http://episcopalbookstore.com/product.aspx?productid=5620>. **A sign-up sheet will be available on Sundays in the parish hall or email [ajeffer@stmargaretsdc.org](mailto:ajeffer@stmargaretsdc.org).**

## Quotes from the book:

*We are aware that one impediment to a disciplined spiritual life is the soul deadening tendency to focus and on what we “should” do, as well as our abiding suspicion that the only really valid expression of the holy involves a lot of boredom, suffering and priggishness.*

*On the author's church attendance - Even then, the real reason I went every week was because I had a crush on another parishioner and the only time I had any chance of seeing him was on Sunday mornings. The crush went nowhere but an interesting thing happened in my own spiritual life. The practice of showing up, of recognizing that I was part of something bigger than myself, that my presence or absence affected the community, and that the Eucharistic community came together regardless of transitory feeling, profoundly changed my spiritual orientation. I shifted from an assumption that religious observation was an obligation I took on to make me feel better, to an understanding that religious practice was a natural and joyful response to the love of God and the command to love others as he loved us.*

*On the Daily Prayers of the church - The daily nature of the church's prayers is a recognition of the human need for ongoing and regular nourishment, for regular grounding in the truth of the transcendent God. ... We need to be part of something— and come up against something - bigger than we are and we need to do that frequently and independent of our transient feeling of holiness or happiness and heartbreak.*

*On service – Our relationships with family and friends provide a unique opportunity to be fully who we are now, to appreciate the intimacy we share with those we are closest to, and to create a space to enter into what we are becoming. Our service to family and friends is a key part of Christian identity.*