



Grace Episcopal Church

341 Washington Street Traverse City, MI 49684-2547

Grace Church Spirituality Center offers ecumenical programs, workshops & seminars designed to immerse participants in the deepening of the spiritual life, on-going formation & spiritual direction, skill-training for servant ministry, and the richness of ecumenical and interfaith connections.

ANNOUNCING

Year-Long Spiritual Formation Program

Foundations of Christian Spirituality – Entering the Narrow Gate

A reflective study of the Wisdom Tradition over the centuries

- Ten Thursdays, 9:30am-3:30pm; one Thursday per month, October 2010 —June 2011 (lunch provided)
- Tuition: \$500 (50% due in October for first session and 50% due in February)
- Three required books (can be purchased on Amazon.com at reduced cost) Required editions: *The Rule of Benedict*. Ed., Timothy Fry Liturgical Press, 1982- *The Cloud of Unknowing* Ed., William Johnston Image Books, 1973 - *The Holy Longing: The Search for a Christian Spirituality*, by Ronald Rolheiser.
- A reflective study of the great spiritual teachers of the Christian Wisdom Tradition from early church to present day
- Each Thursday consists of two sessions (2½ hrs) with each session a separate topic
- Each session has required readings (short background and/or readings from the original writings of each spiritual teacher) and journal questions.
- Introduction to and invitation for the practice of contemplative prayer and spiritual discernment. Encouragement for keeping a spiritual journal throughout the program.
- Suggestions for the writing and living of an individual Rule of Life are offered
- A silent directed retreat of 4, 6, or 8 days
- Program Facilitators: Sister Nancy Brousseau, OP, D.Min. & Rosemary Hagan, D.Min.

To request more information or to apply, contact Grace Episcopal Church at (231) 947-2330, eshenk@gracetc.org

Program Schedule

- **October 21, 2010** - The Christian Journey Biblical Wisdom Spirituality
- **November 11, 2010** - St. Anthony and Desert Spirituality Prayer and Spiritual Journey
- **December 9, 2010** - Monks & Nuns of the Egyptian Desert Rule of St. Benedict
- **January 20, 2011** - The Beguines-Women of the 13th c. Hildegard of Bingen
- **February 17, 2011** - Meister Eckhart Bernard of Clairvaux
- **March 10, 2011** - The Cloud of Unknowing Julian of Norwich
- **April 7, 2011** - St. John of the Cross St. Teresa of Avila
- **May 5, 2011** - St. Ignatius of Loyola Francis De Sales & Jane De Chantal
- **June 2, 2011** - Quaker Spirituality George Fox, Thomas Kelly
- **June 30, 2011** - Evelyn Underhill, Thomas Merton