**Foundations of Christian Spirituality:**

**Entering the Narrow Gate 2024-2025**

**School of Spiritual Formation**

**Year-long Program**

Hosted at Grace Lutheran Church

312 Prospect St. Howell MI 48843 Staff Contact: Rev. Ken Greble (616)460-1122

Program Facilitator: Sister Nancy Brousseau, OP: (616) 560-4580 or nbrousseau@aol.com

Open to anyone who would like to explore the classic elements of monastic, spiritual & contemplative

life to discover how this ancient wisdom, learning and spiritual practice might be understood and lived

in new settings & life today. The program offers a reflective personal & transformative process for all

who desire a deeper life in Spirit and more intentional living of the Christian life. The rich and inspiring

teaching is centered on the saints, mystics, and spiritual teachers of the Christian centuries, personal

contemplative prayer practice, lively conversations, and living of a personal Covenant/Rule of Life.

**Ten Saturdays** 9:30am - 4:30pm; September 2024 - June 2025

• (Please bring your lunch, coffee/hot water and Bottled water provided)

**Ten Sessions**: 9:30 am-4:30 pm; one Saturday per month (separate registration form available)

**Tuition**: $750 Payment in full or 50% due with registration & 50% in February payable to Dominican Sisters

**Required Books: Required editions**:

*The Wisdom Jesus* by Cynthia Bourgeault; *The Rule of Benedict*. Ed., Timothy Fry Liturgical Press, 1982;

*The Holy Longing: The Search for a Christian Spirituality* by Ronald Rolheiser; *The Cloud of Unknowing*

translated by Carmen Acevedo Butcher, 2009; *Life Together* by Dietrich Bonhoeffer; *The Spiritual Life* by Evelyn Underhill

**Recommended:**

*The Universal Christ* by Richard Rohr

*Soundtracks: The Surprising Solution to Overthinking* by Jon Acuff, 2021

**Course Requirements:**

• Attendance at all sessions

• Preparation for each session, required readings (short background and/or readings from the

original writings of each spiritual teacher) with journal questions emailed to participants prior to

each session. Participation in class discussions encouraged.

• Participation in a four or six-day silent directed retreat during the year is suggested – TBA

• Participants may find it very helpful to have a spiritual director or companion during the year.

**Program Schedule:**

9/14/**2024** Gospel according to John

Paschal Mystery and Spiritual Journey

10/12 Mothers & Fathers of the Desert

Contemplative Prayer & Approaches to God

11/9 St. Benedict and St. Scholastica

St. Hildegard of Bingen

12/14 St. Francis & St. Clare

Meister Eckhart

1/11/ **2025** Beguine Women’s Movement

St. Catherine of Siena

2/8 Julian of Norwich

Cloud of Unknowing

3/8 St. Teresa of Avila

St. John of the Cross

4/12 St. Ignatius of Loyola

St. Oscar Romero

5/10 Dietrich Bonhoeffer

Evelyn Underhill

6/14 Dorothy Day

Thomas Merton