Dear Sisters and Brothers in Christ:

One of the blessings we have in the Archdiocese of New Orleans is the Archdiocesan Spirituality Center. The Center forms women and men to serve as spiritual directors and also provides spiritual direction for those who are seeking it. I am pleased to support the work of the Spirituality Center and to thank the members of the staff for the many ways in which they are a blessing to the lives of the people of God in the archdiocese. Through their ministry, they accompany other disciples of the Lord Jesus in their journey with him as they focus on prayer and a life of discipleship.

One of the priorities of our Archdiocesan Synod is "Embrace Christ in every family, parish and ministry". The Spirituality Center is well prepared to assist us in fulfilling this goal.

I have been associated with the Spirituality Center for many years and continue to appreciate the important ministry that is provided. It is evident that more people are seeking spiritual direction. What a great blessing this is! Furthermore, we need more trained lay women and men as well as religious and clergy to serve in this important role of spiritual director.

Please know that I am grateful to you for your commitment to the Spirituality Center and all that we can do to support its ministry to the people of God in the Archdiocese of New Orleans.

Thank you for your life of discipleship and the continued support that you can give to this important ministry in our local Church.

Wishing you God's blessings, I am,

Sincerely in Christ,

Most Reverend Gregory M. Aymond
Archbishop of New Orleans
"I know that God is with me at all times, but my life would be so much better if I remembered this!"

"At this point in my life I am not sure what God is asking of me."

"I hear people say, ‘I talk to God’ or ‘I just listen to God’. What do they mean? I’d like to pray like that."

**Spiritual Direction**

is for a person who wants to be more aware of God in their daily life and to deepen their prayer. It is a discernment conversation in which the directee discerns and becomes more aware of the Presence of God throughout their life. In conversation with a trained spiritual director the directee deepens his/her prayer life in response to this growing awareness of the Lord’s constant presence.

The spiritual director is a trained co-discerner. He or she is not present to provide answers or to give advice but to help the directee to find God both within their prayer and life. Spiritual direction is not pastoral counseling nor is it faith companioning. Rather, spiritual direction is focused on the directee’s prayer, their life with God and how the two interact.

The Archdiocesan Spirituality Center offers a network of trained spiritual directors. In addition to the Center staff, a number of qualified directors generously make themselves available through the Center.

**An Internship In Spiritual Direction**

At the core of the ministry of the Archdiocesan Spirituality Center is the Internship Program. Spiritual Direction is distinguished from teaching, counseling and faith companioning by this faith conversation having as its purpose discernment. The director walks with the directee in order to deepen awareness of God’s Presence. This desire for intimacy with the Lord creates the situation of spiritual direction. The Internship prepares the Intern to assist the directee discern the presence and movement of God in the life of the directee.

The ASC Internship incorporates a broad reflection on the ministry of spiritual direction within the context of today’s Church. Following the theology and methodology of the Spiritual Exercises of St. Ignatius of Loyola, the Internship prepares the Intern to guide others in on-going spiritual direction and directed retreats.

The honing of skills is part of the formation of a spiritual director; the essential formation comes from God’s gifts, the Church’s formation, and the spiritual hunger of the Intern. When God has gifted a person with faith and discernment a training program can help that person recognize, strengthen, and purify their gift of discernment.

The two-year Internship closes with a process of individual and group discernment that assists the participants to discern if they are called to the ministry of spiritual direction or to another form of faith ministry. This discernment, also considers the areas of Spiritual Direction to which each intern feels called.

Five informational meetings will be held; see Workshops and Days of Prayer for details.
Faith Companioning

“Did not our hearts burn within us as He talked to us along the way”
—Luke 24:32

A Faith Companion is a person skilled in spiritual conversation through faith, listening skills, shared prayer and faith sharing.

A Faith Companion accompanies another in spiritual friendship.

This course is designed for people who are currently doing some form of spiritual conversation.

For Men and Women, Laity, Religious, Clergy who are in Christian Ministry:

- Parishes
- Schools
- Home Visitation
- RCIA Sponsors
- Hospitals
- Prayer Groups
- Informal “Coffee Cup” Faith Sharing

HELD AT THE ARCHDIOCESE OF NEW ORLEANS
NORTHSHORE CATHOLIC CENTER
10:00AM – 12:30PM

Friday, October 4, 11, 18, 25,
November 8, 15, 22, 2019
Cost $125.00

HELD AT THE ARCHDIOCESAN SPIRITUALITY CENTER
6:00-8:30PM

Wednesday, January 8, 15, 22, 29,
February 5, 12, 19, 2020
Cost $125.00

Lenten Retreat in Daily Life

Are you seeking a deeper relationship with the Lord through prayer?
Would you like to experience Sacred Scripture — not just study it?
Do you have a deep desire to grow in your faith and prayer life?
Would you like to experience a Directed Retreat but can’t get away?

If your answer is “YES”...

A Lenten Retreat in Daily Life may be for you!

This individually directed retreat is designed for those who cannot get away to a Retreat Center during this sacred time of Lent. During this Individually Directed Retreat each retreatant will meet with his/her director weekly. In their private spiritual direction session the director will help the retreatant notice God’s presence within his/her prayer and daily life, offering suggestions for the retreatant’s daily prayer.

The Lenten Retreat in Daily Life will be offered in two locations:

COVINGTON AT THE NORTHSHORE CATHOLIC CENTER
4465 EAST HWY. 190 E SERVICE ROAD, COVINGTON
Opening Session: Saturday, February 29, 2020, 10:30-Noon
Closing Session: Saturday, April 4, 2020, 10:30-Noon
Cost $40.00

METAIRIE AT THE ARCHDIOCESAN SPIRITUALITY CENTER, 2501 MAINE AVENUE
Opening Session: Sunday, March 1, 2020, 2:00-4:00pm
Closing Session: Thursday, April 2, 2020, 7:00-8:30pm
Cost $125.00

This retreat will also be offered in Spanish.
2019

SEPTEMBER:

Internship in Spiritual Direction: Informational Meeting
If you have a desire to be trained to do the ministry of spiritual direction, please come and learn the process, prerequisites and structure of the two-year Internship offered by the Archdiocesan Spirituality Center at one of the many informational meetings being offered in the Fall of 2019.

BATON ROUGE
Thursday, Sept. 5, 2019 Noon or 6:00pm
at Diocese of Baton Rouge
Tracey Center in the Westerfield Conference Center
1800 S. Acadian Thruway, Room 104, Baton Rouge

ALEXANDRIA
Monday, Sept. 9, 2019 10:00am or 6:30pm
at St. Joseph Center
400 Coliseum Blvd., Alexandria

SHREVEPORT
Tuesday Sept., 10, 2019, 10:00am or 6:30pm
at Diocese of Shreveport Catholic Center
3500 Fairfield Ave., Shreveport

GRAND COTEAU
Tuesday, Sept. 10, 6:30pm or Saturday, Sept. 14, 2019, 9:30am
at St. Charles College, Jesuit Spirituality Center
313 E. Martin Luther King Dr.

A.S.C.
Wednesday, Sept. 25, 2019, 10:00am or 7:00pm
2501 Maine Ave., Metairie

The two-year Internship in Spiritual Direction will be offered as follows:

1. In Metairie at the ASC 2501 Maine Ave.
   beginning August 2020
   meeting the second Saturday of the Month (August-May) 9:00am-5:00pm

2. In the Lafayette area, St. Charles College Grand Coteau
   beginning August 2021
   meeting the third Wednesday of each month (August-May) 9:00am-5:00pm

To register for a meeting call (504) 861-3254 or register on the web https://nolacatholic.org/asc

Dream Spirituality;
Dreams are not the only way God speaks to us.... but, they can be an important way
Tuesday, Sept. 10, 17, 24, 2019, 10:00am - Noon
at A.S.C.
Associate Director, Bonnie Chase, presenter

Join Bonnie to explore dreams as potential ways God speaks to us.
What are dreams? Why do we dream? Using a Judeo-Christian methodology, simple Dreamwork techniques will be suggested that can help us notice God’s presence in our lives through our dreams.

Cost $40. Register by Tuesday, Sept. 3, 2019

Mind/Body/Spirit Connection:
A Holistic Approach to Prayer
Monday, Sept. 16, 23, 30, 2019, 9:30-Noon
at A.S.C.
A.S.C. Director, Sr. Dorothy Trosclair and Kathy Anzelmo, presenters

Calming techniques such as deep breathing, meditation and progressive muscle relaxation will be taught as a way to enter into deeper prayer through imaginative contemplation.

Cost $40

Seasonal Morning of Prayer: Autumn
Friday, Sept. 20, 2019 10:00am-12:30pm
at A.S.C.
Sr. Jeanne Moore, O.P., presenter

“For everything there is a season” (Eccl. 3:1). Our spiritual life partecipates in Earth’s four seasons. In autumn we gather the gifts we’ve received with gratitude and peace

Cost $30

Eucharist: Heart of the Church
Thursday, Sept. 26, Oct. 3, 10, Nov. 7, 2019, 10:00am-Noon, or 7:00-9:00pm
at A.S.C.
Sr. Dorothy Trosclair, O.P. presenter

Eucharist is at the heart of the Church. We are called to live out in our daily lives what we celebrate at the Eucharistic table. A move from passive to active participation in the Eucharistic celebration can deepen one’s relationship with God, self and neighbor.

Cost $40

Finding God in Our Everyday Life Experiences
(Northshore)
Friday, Sept. 27, 10:00-11:30am
at Northshore Catholic Center
Assistant Director, Sr. Gloria Murillo, S.T.J., presenter

Join Sr. Gloria to learn the importance of reflecting on your everyday life experiences, to recognize the presence of God in those experiences and to learn a method for reflection on the action of God in your life.

Cost $30
**OCTOBER:**

**Faith Companioning**

begins on the Northshore  
(see page 6 for details)

**Busy Lives and Restless Souls (Author Becky Eldredge)**

Find rest before busyness eats you alive….

Tuesday, Oct. 22, 29, Nov. 5, 12, 19, 26, 2019 7:00-8:30pm  
at St. Peter’s LaCour Center, Reserve  
A.S.C. Associate Director, Diane Abbondante, presenter  

We often search for peace in a world that longs for God, but doesn’t know Him. This book teaches you to see the small, and often few, quiet moments and experience God in the midst of the busyness. Together we will learn to quiet our mind, deepen our prayer life and experience the fullness of God’s unconditional love for us. Join us for six weeks to explore the Book, Busy Lives Restless Souls. Please purchase and read the first chapter before our first class.

Cost $40

**NOVEMBER:**

**Oración, Alimento Verdadero del Alma**

Jueves, Nov. 14, 10:30-12:00pm  
at A.S.C.  
Hna. Gloria Murillo, S.T.J., presentadora  

Acompañen a la Hna. Gloria en una charla y discusión sobre la oración como una relación interpersonal con Dios.  La discusión se centrará en cómo nuestros deseos juegan un papel en nuestros esfuerzos en la oración personal y nuestras imágenes de Dios y de uno/a mismo/a.

Costo $30

**DECEMBER:**

**The Hush of Advent Amid the Holiday Noise**

Friday, Dec. 6, 2019, 9:30-12:30  
at A.S.C.  
Associate Director, Jan Tate, presenter  

The prophet Isaiah proclaimed long ago:  
“In quietness and in trust shall be your strength.”  (30:15)  
You are invited to join us for a quiet Advent morning of prayer and reflection. We will withdraw into the silence as we seek the strength of God’s own Spirit to calm our restless spirits during the noise of the holiday season.  Come away and rest awhile. The quietness will lead us to a deeper serenity for the feast of Christmas. Eucharist celebrated at Noon.

Cost $30

**2020**

**JANUARY:**

**Faith Companioning**

begins at A.S.C.  
(see page 6 for details)

**Qué es Dirección Espiritual?**

Jueves, Jan. 16, 2020, 9:30-11:00am  
at A.S.C.  
Hna. Gloria Murillo, S.T.J., presentadora  

A través de la historia de la Iglesia, siempre han existido hombres y mujeres que escuchan las experiencias de oración de aquellos que solicitan ayuda con su oración. En estas sesiones de dos horas aprendan como la Dirección Espiritual puede ayudarles a crecer en su vida de oración, a hacer crecer su relación con Dios y a que ustedes puedan estar más atentos a Dios en su vida diaria.

Costo $30
What is Spiritual Direction? (Northshore)
Friday, Jan. 17, 2020, 10:00-11:30am
at Northshore Catholic Center, A.S.C.
Assistant Director, Sr. Gloria Murillo, STJ, presenter

Throughout the history of the Church there have always been men and women who listened to the prayer experiences of those wanting assistance with their prayer. In this two-hour session learn how Spiritual Direction can help you grow in your prayer life, nurture your relationship with God and enable you to become more attentive to God in your daily life.

Cost $30

FEBRUARY:

Lenten Retreat in Daily Life
begins on the Northshore
(see page 5 for details)

Sacred Communication for Married and Engaged Couples
Saturday, February 29th 2:00pm-4:30pm
at St. Peter’s LaCour Center, Reserve.
Mass at St. Peter’s Church, at 5:00pm (if desired)
A.S.C. Associate Director Diane Abbondante & Deacon Richard Abbondante, presenters

Relationships are all about communication. Happy, healthy marriages require frequent and honest communication. Married and engaged couples seeking to improve their communication in respect, collaboration, openness and honesty, will benefit from participating as Deacon Richard and Diane explore the communication skills they have learned through their 40 years of marriage. Clips from the Beloved series from The Augustine institute will also be shown.

Cost $35

MARCH:

Lenten Retreat in Daily Life
begins at A.S.C.
(see page 5 for details)

Discerning God’s Presence in Every Moment of the Day
The Search for God’s Will-The Search for Spiritual Freedom
Thursday, March 5, 12, 19, 26, 2020, 9:30-11:30 or 7:00-9:00pm
at A.S.C.
Sr. Dorothy Trosclair, O.P., presenter

Our lives are shaped by a lifetime of decisions - How do I know if I am deciding with the Lord? How do I know what I really, really want? Using the Rules of Discernment of St. Ignatius of Loyola, participants will pray with, study and apply to their own lives this time honored way of making both life changing decisions and the ordinary, everyday small decisions that make up our lives.

Cost $50

A.S.C. Celebration Buffet
Saturday, March 7, 2020, Mass celebrated at 6:30pm
at Notre Dame Seminary followed by buffet in Schulte Hall

Hanging onto Hope (book by Sr. Melannie Svoboda, SND)
Monday, March 9, 16, 23, 30, 2020 10:00am-Noon
at A.S.C.
Associate Directors, Janet Trahan and Jeanne Burmaster, presenters.

Our world is yearning for signs of hope. Sr. Melanie helps us open our hearts to hope, even in the darkest of times. Hope is rooted in our deepest longings and desires. “Hope begins with the awareness that we are not yet fulfilled - no matter how successful we may be or how many items we have checked off our bucket list.” Please purchase the book and read the introduction.

Cost $40

Mind/Body/Spirit Connection:
A Holistic Approach to Prayer (Northshore)
Monday, March 9, 16, 23, 30, 2020, 9:30-Noon
at Northshore Catholic Center
A.S.C. Director, Sr. Dorothy Trosclair and Kathy Anzelmo, presenters.

Calming techniques such as deep breathing, meditation and progressive muscle relaxation will be taught as a way to enter into deeper prayer through imaginative contemplation.

Cost $40

Seasonal Morning of Prayer: Spring
Friday, March 20, 2020, 10:00am-12:30pm
at A.S.C.
Sr. Jeanne Moore, OP, presenter

“For everything there is a season” (Eccl. 3:1). Our spiritual life participates in Earth’s four seasons. In springtime what was quietly building power during winter occasions a crisis requiring surrender that leads to a breakthrough.

Cost $30
APRIL:

Preparing for Holy Week
Wednesday, April 1, 2020, 10:00-11:30am
at A.S.C.
Assistant Director Sr. Gloria Murillo, S.T.J., presenter

“Father forgive them…” As we enter the most important week of our Christian faith, we will spend time with Jesus preparing for Holy Week. Our time of prayer will invite us to learn how to embrace the faith, hope, love and forgiveness offered to us from the cross.

Cost $30

Preparing for Holy Week (Northshore)
Friday April 3, 2020, 10:00-11:30am
at Northshore Catholic Center.
Assistant Director Sr. Gloria Murillo, S.T.J., presenter

“Father forgive them…” As we enter the most important week of our Christian faith, we will spend time with Jesus preparing for Holy Week. Our time of prayer will invite us to learn how to embrace the faith, hope, love and forgiveness offered to us from the cross.

Cost $30

JUNE:

Seasonal Morning of Prayer: Summer
Friday, June 19, 2020, 10:00am-12:30pm
at A.S.C.
Sr. Jeanne Moore, OP, presenter

“For everything there is a season” (Eccl. 3:1). Our spiritual life participates in Earth’s four seasons. In summer winter’s dormant power and spring’s eruption leads to resolution. New, richer life grows, leading to a rich autumn.

Cost $30

JULY:

Come to the Quiet (at Archdiocese of New Orleans Retreat Center)
Five day silent, directed retreat.
Thursday, July 16 through Wednesday, July 22 by trained spiritual directors.
Register with the Retreat Center (504) 267-9604

Silent Directed Retreat (at Archdiocese of New Orleans Retreat Center)
Five day silent, directed retreat.
Thursday, July 23 through Wednesday, July 29 by guest directors.
Register at A.S.C.

Costs for all programs can be adjusted. No one is turned away because of finances.

For information and/or to register for programs please contact:
Archdiocesan Spirituality Center, 2501 Maine Ave. Metairie, LA 70003, (504) 861-3254
Register on the web: https://nolacatholic.org/asc or email archspirctr@archdiocese-no.org

Northshore programs are held at the Northshore Catholic Center (unless otherwise noted)
4465 East Hwy. 190 Service Road, Covington
Due to space, all A.S.C. programs are by registration