

Group Spiritual Direction Available Here!

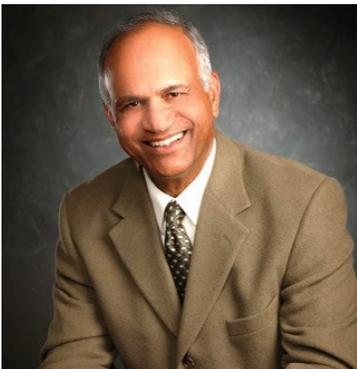
I have an invitation for you to consider/discern

Michael Fonseca, an incredible spiritual director and author/director of the God's Embrace ministry, is going to be coming to Holy Family from Texas this year to provide spiritual direction for parishioners who are at a place for it. He will be coming monthly on a Monday, beginning in February, and then likely one of his trained local spiritual directors will also come once a month, making the spiritual direction twice a month here. This will be an evening group (6:30-8:30pm).



Michael's course begins with "Lead Me Into the Deep, Lord", one of the many books he has written for this spiritual direction process, and after that book, there are many others to be used as part of a further curriculum of spirituality and abiding relationship with the Lord. In short, it's an amazing opportunity. The first book is "A 12-week introductory program that helps you to discover Jesus as your personal savior and Lord, while bringing you into a deeper personal relationship with the Blessed Trinity."

If you're not sure what spiritual direction is, consider this "Spiritual direction is not counseling and it is not therapy. Spiritual Direction is a one-to-one or group experience with spiritual mentors with extensive formation to help deepen their relationship with the divine, or to learn and grow in their own personal spirituality." Michael's process "is steeped in the rich spiritual heritage of our early church fathers, John of the Cross, St. Ignatius of Loyola, St. Teresa of Avila, whose roots, traditions and spiritual practices are still present in our Church today." [http://www.godsembrace.org/spiritual-directors-](http://www.godsembrace.org/spiritual-directors-institute)



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As for cost, Michael suggests that we become Covenant Partners which is described on his website, but quickly, it is a donation of at least \$10/month, and there are fringe benefits for that donation. The other option he gave is that the parish could collect payments and make the donation collectively to God's Embrace. I don't mind which, but basically, he would hope to received \$120/year from participants to further fund this organization/ministry. If the cost is a factor, the parish could help a person out with the donations.

<https://godsembrace-org.sites.ecatholic.com/become-a-covenant-partner>

Would you be interested in taking a "next step" in your faith journey and begin spiritual direction together in a group here? Is there another parishioner you would like to invite?

In closing, I love this tid-bit from Michael's story for how and why they are doing this:

Be the Light!

In today's world, it is easy to be overcome by the darkness that seems to be everywhere. God's Embrace Ministries founders, Michael and Cherrie Fonseca decided one day that rather than curse the darkness, they would instead light candles. Those candles are you and me. The candle in each one of us desires a strong and lasting flame that shines bright and scatters the darkness. God's Embrace desires to help you develop an intimate relationship with God and others, which in turn will keep your candle shining brightly.

Peace & Prayer as you discern,

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