

*Are you seeking spiritual direction?*

*Do you want to talk to a sister?*

Do you desire to have a deeper relationship with God? Do you know that God desires a deeper relationship with you? Are you looking for someone to travel with you on your spiritual journey?

Spiritual companionship enables one to focus and to share his or her experience of God in a variety of ways in which God is present:

- In people and human relationships
- In the natural world of creation
- In the wonders inherent in the ordinary events of daily life

For more information, please call Sr. Kathy Dauses, osf, or Sr. Rose Mary Eve Holter, osf at the St. Stephen Convent 410-592-9433.

*Sr. Kathy Dauses, osf, lives at St. Stephen Convent and is a hospice chaplain at Stella Maris. She has been a spiritual companion for 15 years. Sr. Rose Mary Eve Holter, osf is a retreat director who has been a spiritual companion since the early nineties.*

*Sometimes, we are able to sit peacefully and sometimes our hearts are more restless. Be patient with yourself.*

*At prayer or adoration, read and ponder scripture, pray the rosary, talk to Jesus about your concerns,*

*The St. Stephen Convent is located at the end of the long driveway to the left of the church and rectory, next to the soccer field. Come in the front door; the chapel is on your left.*

*Questions?*

*Call Sr. Angela at 410-592-8666 or e-mail her at [redsdef@comcast.net](mailto:redsdef@comcast.net).*

## *A Spiritual Oasis*



***The vision:*** *our St. Stephen Sisters of St. Francis aspire to make their convent a place of spiritual refreshment, healing, and growth.*

*Take advantage of one or more of the opportunities listed in this flier to come away from the pressures, stress, and confusion of our world.*

## *A Spiritual Oasis . . .*

### *Tuesdays: time for solitude and prayer*

The world is full of noise, pressure, and busyness. The truly important things in life often get lost in the day-to-day rush. Take time each month to focus on what matters most: the things of the spirit.

The convent chapel will be open during the day for prayer and quiet meditation the second Tuesday of each month. Take the time to be refreshed spiritually and connect with God's love for you. All are welcome.

- Tuesday, October 10, 12:30-2:30pm
- Tuesday, November 14, 12:30-2:30pm
- Tuesday, December 12, 12:30-2:30pm

### *The Mysticism of Pots and Pans: Tuesday evenings*



Living in the present moment aware of God's Presence. Resting in God's agenda. Being mindful of the Divine Presence peeking out through the everyday events and ordinary relationships. How can we accomplish this kind of awareness? Join us in the convent on Tuesday evenings this fall from 7:00-8:00pm.

- October 10: Living and Praying in the Sacred Ordinary
- November 14: Living in gratitude in the Sacred Ordinary
- December 12: Christ in the middle of it all

### *Eucharistic Adoration on Thursday Evenings*

Every Thursday evening from 6:00-7:30pm, the Blessed Sacrament is exposed in the convent chapel for adoration and prayer. Come spend some time with Jesus.

### *Group Spiritual Direction*

In group spiritual direction, people gather together monthly to assist one another in an ongoing awareness of God in all of life. They seek support for their responsiveness to God, and agree to support others in that same responsiveness through listening, silence, and sharing.

When asked by a friend how she prayed for her, a thirteenth-century anchoress, Julian of Norwich responded, "I look at God, I look at you, and I keep on looking at God." Put simply, the group's challenge is to keep on looking at God for each person in the group.

Those interested in learning about becoming a part of this spiritual journey, please join Duffy Laws (410-830-0386) in the convent sitting room, opposite the chapel, on Thursday, October 12 from 7:30 - 9:00 pm. We will discuss the format, our desires, and plan a schedule for meeting.

