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## St Teresa's invites you to learn more about your *faith* this *Lent*.

*Come learn more about your faith with professors who will provide courses for you at a fraction of the cost during this Lenten season.*

**Thursdays during Lent from 6:30 PM to 9:00 PM  
Oak Knoll School in the Choir Room**

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### **A LISTENING HEART: WAYS TO DEEPEN MY PRAYER LIFE**

**March 7, 14, 21 | 6:30 PM**

This 3 week series will include prayer, input, reflection time and sharing around different ways of praying. We'll learn what prayer is and how to prepare physically and mentally for this conversation with God. Centering prayer, lectio divina, audio divina, praying with our imagination, journaling, and the daily Examen will all be explained and experienced. There's more than one way to pray, and this series will help each person find what fits, and does not fit, for them. Our prayer style changes over time, and Lent is a great opportunity to try something new. Suggestions for daily prayer will be offered.

**Professor: Laura M Arvin, OP**

*Co-director, Mount Saint Mary House of Prayer*

- ◀ MA, Religion and Religious Studies, Concentration in Spiritual Direction from Fordham University

### **MORAL AND SPIRITUAL ASPECTS OF THE ENVIRONMENTAL CRISIS**

**March 7, 14, 21 | 7:30 PM**

This course helps Catholics internalize, and set as a priority in their lives, the Church's teaching on the care of creation and the impact of environmental change on those who are poor and vulnerable.

**Professor: Fr Ed Ciuba**

*Author of Creation at the Crossroads*

- ◀ Professor Emeritus of Biblical Studies at Seton Hall University
- ◀ STL from the Gregorian University, Rome
- ◀ SSL from the Pontifical Biblical Institute, Rome

### **LORD, HAVE MERCY: BOOK STUDY**

**March 28, April 4, 11 | 6:30 PM**

Jesus told his apostles, "If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." In Lord, Have Mercy, Hahn explores the Sacrament of Reconciliation and shows why it is the key to spiritual growth, particularly in today's world. This class will read and discuss the book along with taking a deeper look at the scriptural heart of the sacrament of mercy. The importance of its role in Church history and the lives of the saints will also be discussed.

**Professor: Fr Scott Pontes**

*Academic Dean of Religion, Oratory Prep School*

- ◀ MA and MDiv from Seton Hall University

### **THE IMPORTANCE OF SPIRITUAL DIRECTION**

**March 28, April 4, 11 | 7:30 PM**

Spiritual direction is a ministry in which trained and sensitive spiritual directors accompany individuals in discovering and growing in their relationship with God. In this season of Lent, it is particularly timely that we take some time out of our hectic schedules to linger and deepen in an awareness of the presence of God in our everyday lives—in our joys, struggles and concerns. What is blocking us in deepening our relationship with God? How can we get around those 'roadblocks'?

**Professor: Al Pach**

*Program Coordinator for RENEW International*

- ◀ MDiv in Psychology and Religion from Union Theological Seminary

**See Reverse Side for Registration Form  
or visit <https://ff-sta.churchcenter.com/registrations/events/201133>**

*\*Please note that if there is not a sufficient amount of attendees per course, then the course will be removed.*

