

Are you seeking spiritual direction?

Do you want to talk to a sister?

Do you desire to have a deeper relationship with God? 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, or just sit quietly and listen to Jesus.

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.

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 . . .

Tuesday Evenings at the Oasis:

Our hearts are thirsting for something more - to know and love God

We are all made for God's love. The things of the world, for all their allure and promises, do not bring lasting satisfaction. As St. Augustine says, "Our hearts are restless until they rest in you."

Take an hour each month to be immersed in God. Come to all the sessions, or choose the ones that work for you. We will meet in the convent chapel.

February 13, 7-8pm - The Ceaseless Call of Jesus: The Lord wants us to come to him, and reaches out to us in many ways.

March 13, 7-8pm - Be still and know that I am God: Solitude and silence are essential to contemplating God.

April 10, 7-8pm - Your Road to Emmaus: encountering Jesus: Jesus meets us where we are.

Wednesday, May 23, 7-8pm - All Creation Shouts for Joy: The beauty of God and his creation.

June 5, 7-8pm - Loving Kindness: The joy of serving others.



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.

The more time you spend with Jesus, the more comfortable you will become, and the easier you will find it to sense his presence and hear His voice.

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.

We have room for one or two more people to join our spiritual direction group. We meet once a month in the evening, (day to be determined by the group).

While together, we listen to one another and pray for one another while seeking God's desire for our lives.

For more information call Duffy at 410-830-0386.

