



2018 Lenten Series
Christ Our Light Catholic Church
Adult Faith Enrichment

Four Tuesdays during Lent, 6:30-8 pm

Date	Topic	Scripture	Spiritual Writer
February 20	Growing in Trust	Book of Esther	St. Therese of Lisieux
February 27	Growing Through Letting Go	Book of Tobit	Henri Nouwen
March 6	Growing in Contemplation	Psalms	Thomas Merton
March 13	Growing in Gratitude	Book of Ruth	Brother David Steindl-Rast

Including selections each week from Joyce Rupp, "Prayer Seeds: A Gathering of Blessings, Reflections and Poems for Spiritual Growth"

Location: Christ our Light Parish Hall, 1 Maria Drive, Loudonville, NY 12205

To Register: contact Elizabeth at Christ Our Light Office 518/459-6635 ext. 14

Join us Tuesdays in Lent as we journey together to new growth in our faith. Each week we will focus on an area of our spiritual lives, as we grow deeper roots in our hearts of faith, develop sturdy spiritual foundations and branch out to share our fruit with others. We will be fed by Scripture, inspired by spiritual writers and encouraged by one another.

Come and grow with us!

Presenter: Anne Samson: Christ Our Light parishioner, freelance magazine writer, author of *Abba House & Me: Prayer Changes Everything*, spiritual teacher (Journaling as a Spiritual Practice and other topics), 12 step recovery practitioner for 26 years.