

January 2024

Soul Space

Quarterly Newsletter



Center for
Spiritual
Development

A MINISTRY OF THE
SISTERS OF ST. JOSEPH
OF ORANGE

SEASONS OF JOY AND SORROW

Happy New Year!

It is a little challenging to greet you at this particular instant in time, as we continue celebrating the birth of our Savior in the season of Christmas -- yet in just a few weeks, we will enter the season of Lent, and prepare to commemorate Christ's Passion and Crucifixion.

The liturgical calendar speaks so deeply to our own personal experiences of life, where joy and sorrow can be intertwined, or one can follow so quickly on the heels of the other that it is difficult to catch our breath.

That makes the Mysteries that we reflect upon while praying the rosary -- each set of Mysteries assigned to its own day or days of the week -- all the more profound. We may indeed experience joy on Monday, sorrow on Tuesday, and exultation on Wednesday!

Below, you will see the first two gatherings of our journey through the liturgical year, praying the rosary together on Zoom -- and yes, one focuses on the Joyful Mysteries, and the other on the Sorrowful Mysteries!

While we cannot ignore the truth of suffering in our human lives, and in Christ's Passion and death, we also know the truth of deep joy: the joy of community, the joy of deep faith, the joy of abiding love, the joy of resurrection.

We invite you to join us for some (or all!) of the many joy-filled events scheduled in the coming months. Celebrate the gift of gathering in community, of praising our God, and of sharing God's love with one another.

We look forward to seeing you soon -- and we pray that the joys of this Christmas season continue to bless you!

2024 SCHEDULE OF EVENTS

Below you'll see details about events we're hosting during the first few months of 2024 -- but if you can't wait to see what else we have planned for this year, [click here and download our full program!](#)

And remember to [check our website regularly](#) for new events throughout the year.

ONLINE EVENTS



The Joyful Mysteries

| ON ZOOM

MONDAY, JAN. 8, 2024 | 7-8 PM PT

Join us in praying the rosary during the Christmas season -- and on the Feast of Our Lady of Prompt Succor! We will reflect on the Joyful Mysteries with prayerful intention and engaging Imago Divina.

Free will offering.

[REGISTER HERE](#)

The Sorrowful Mysteries

| ON ZOOM

MONDAY, MARCH 25, 2024 | 7-8 PM PT

Join us in praying the rosary during Holy Week -- and on the Feast of the Annunciation! We will reflect on the Sorrowful Mysteries with prayerful intention and engaging Imago Divina.

Free will offering.



[REGISTER HERE](#)

Heart to Heart with Jesus: An Ash Wednesday Retreat

| IN-PERSON ONLY

**WEDNESDAY, FEB. 14, 2024 | 9AM-1 PM
PT**

As Lent begins, we are invited to reflect on the depth and quality of our relationship with Jesus, whose life, death, and resurrection reflect God's great love in the world. The question is, How am I captivated by Jesus who invites me to pray the way I am able in the moment?



[REGISTER HERE](#)



[REGISTER HERE](#)

REGISTRATION CLOSES
WEDNESDAY, FEBRUARY 21

Br. Mickey McGrath Presents "Working Together: Women Restoring Hope, Justice, & Unity"

| IN-PERSON ONLY

**SATURDAY, FEB. 24, 2024 | 9AM-4 PM
PT**

Be inspired as award-winning artist Brother Mickey weaves his artwork into engaging stories of friendship, justice, and hope while reflecting on the lives of courageous holy women. This retreat day will include time for reflection, sharing, and an art activity.

Journey of the Heart: An Evening of Celtic Music, Song, and Poetry

| IN-PERSON ONLY

FRIDAY, MAR. 15, 2024 | 7-8:30 PM PT
SACRED HEART CHAPEL

Celebrated vocalist Deirdre Ní Chinnéide will connect us to the power of Celtic spirituality with an evening of Irish music,



[REGISTER HERE](#)

REGISTRATION CLOSES

song, and poetry. This experience is intended to stir and open our hearts as we near Holy Week.

NOTE: Seats will fill fast. Don't delay in reserving yours.



The Spiral and the Cross: Symbols of Hope Through Challenging Times

| IN-PERSON ONLY

**SATURDAY, MAR. 23, 2024 | 9:30 AM-4
PM PT**

[REGISTER HERE](#)

Drawing on Celtic Christian heritage and spirituality, Deirdre Ní Chinnéide will weave together music, poetry, and Scripture to inspire, nourish, and prepare us of the Easter message of Hope.

TAIZÉ PRAYER SERVICE



| SACRED HEART CHAPEL

THIRD THURSDAY OF EVERY MONTH
7 - 8 PM

Offered in prayerful collaboration between Stillpoint and the Center for Spiritual Development

JANUARY 18

FEBRUARY 15

MARCH 21

FOR SPIRITUAL DIRECTORS



INTRODUCTION TO MINDFULNESS PRACTICE

| IN-PERSON OR ON ZOOM
SATURDAY, JANUARY 27, 2024
8:30 AM-12 PM PT

Spiritual directors are invited to discover the many ways in which mindfulness can be “used.” Learn how mindfulness can provide immediate stress relief, and can foster longer-term effects like greater awareness of our own feelings of reactivity as they arise when engaging as spiritual directors.

NOTE: This is the first of a series of four mindfulness programs. You may attend one or more individually, or register for the full series.

REGISTER TO ATTEND IN PERSON

REGISTER TO ATTEND ON ZOOM



Center for Spiritual Development



Art of Spiritual Direction



Do you feel called to become a spiritual director?

Find out more about our three-year program!

Info at: www.thecsd.org | thecsd@csjorange.org | (714) 744-3172



Center for
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COMPANIONS ON THE
SACRED JOURNEY



To learn more about the
Center for Spiritual Development

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