

July 2024

Soul Space

Quarterly Newsletter



Center for
Spiritual
Development

A MINISTRY OF THE
SISTERS OF ST. JOSEPH
OF ORANGE

THE GIFT OF SPIRITUAL DIRECTION

"We are not human beings having a spiritual experience. *We are spiritual beings having a human experience,*" wrote Pierre Teilhard de Chardin, SJ. Living within a spiritual understanding of being reverences the essence of who I am in relationship to God, the world, and others. The physical, intellectual, and emotional reality of one's life further enhances self-understanding and lived experience.

Spiritual Direction assists in becoming more sensitive to the abiding presence of God in the ordinary and diverse spheres of one's life. The Spiritual Direction experience engages one's unique and personal relationship with God, who desires to be one with each of us.

The actual Spiritual Director is the Holy Spirit. Every moment is potentially alive with God's presence. The formed spiritual guide listens carefully to discern the movement of God in the Directee, asks provocative questions to aid the discovery of grace, notices patterns, is alert to the presence of God in darkness and light, and holds the person's sacred story. All is done to assist Directees to reverence and deepen their relationship with God.

Spiritual Direction provides the opportunity to reflect aloud upon one's growing awareness of God in personal relationships, prayer, daily life. While God is the primary focus, everything is a matter for Spiritual Direction. Naming and claiming God's abiding presence opens to deepening awareness that assists one to live faithfully the graces given by the Holy Spirit. Live all that draws you into a deepening, sacred relationship with the one who is Love.

In short, Spiritual Direction is following the evidence and tracing the pattern of God's presence unique to each person.

Sister Jane DeLisle, CSJ

Director, Center for Spiritual Development

SPIRITUAL DIRECTION AT CSD

Interested in experiencing the power of Spiritual Direction in your life? Learn more -- and get to know our Spiritual Directors -- [on our website](#).

ONLINE EVENTS

The Luminous Mysteries

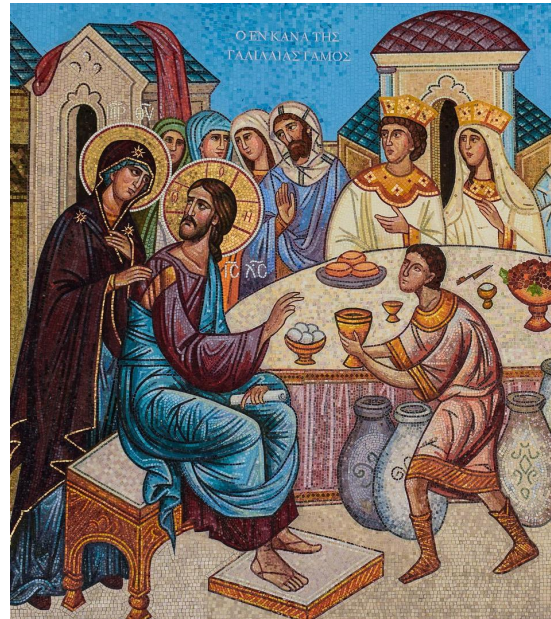
| ON ZOOM

THURSDAY, AUG. 22, 2024 | 7-8 PM PT

Join us in praying the rosary on the Feast of the Queenship of Mary! We will reflect on the Luminous Mysteries with prayerful intention and engaging Imago Divina.

Free will offering.

REGISTER HERE



The Desert Mothers: Spiritual Practices from *The Women of the Wilderness* by Mary C. Earle

| ON ZOOM

TUESDAYS, 7-8 PM PT

SEPT. 10-OCT. 8, 2024

Have you met the desert mothers, the wilderness monastics of the early church? Come spend some time exploring the life, times, and spirituality of these amazing women through the narrative by Mary C. Earle.

REGISTER HERE



IN-PERSON EVENTS



Artwork by Sr. M. Madeleva Williams, CSJ

REGISTER FOR JULY 16-18

REGISTER FOR JULY 23-25

Art & Contemplation

| IN-PERSON ONLY

TUE-THU JULY 16-18, 2024

OR

TUE-THU JULY 23-25, 2024

9 AM-12:30 PM PT EACH DAY

This 3-day contemplative session is offered to anyone interested in exploring art as a creative practice. Whether you have been creating art for years or not, come join like-minded people who want to discover new ways to nourish the soul. Sign up for one or both sessions!

A Day of Presence: An Introduction to BioSpiritual Focusing

| IN-PERSON ONLY

SAT, AUG. 3, 2024 | 1-5 PM PT

This afternoon of inner reflection will offer an introduction to the practices and fruits of



HYBRID EVENTS

Introducción a la Espiritualidad Católica

| EN PERSONA O EN ZOOM

LOS LUNES, 7-9 PT

7 OCTUBRE - 2 DICIEMBRE, 2024

Este curso de ocho semanas ofrece una introducción detallada a la espiritualidad católica, explorando sus raíces históricas, principios fundamentales y prácticas espirituales.



REGÍSTRESE EN ZOOM

REGÍSTRESE EN
PERSONA

QUIET TIME AND RETREATS



REGISTER HERE

Love Poured Out for the World: To Live as Eucharist

| IN-PERSON ONLY

SAT, AUG. 17, 2024 | 9 AM-4 PM PT

We are called to be Eucharistic people, people of thanksgiving and presence. This retreat day will explore the fuller meaning of Eucharist and the invitation to be Eucharist for others.

Reconnect with the Holy

| IN-PERSON ONLY

SUN, AUG. 25 - TUES, AUG. 27, 2024

OR

SUN, AUG. 25 - SUN, SEPT. 1, 2024

These silent spiritual retreats are designed for lay women and women religious who

feel called to be in sacred silence with God. Come to Mission San Luis Rey for 3 OR 8 days of quiet and daily spiritual direction with CSD staff. Daily Mass will also be offered.



REGISTER FOR THE 8-DAY
RETREAT

REGISTER FOR THE 3-DAY
RETREAT

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

SEPT 19

OCT 17

NOV 21

FOR SPIRITUAL DIRECTORS

Mindfulness of Thought and Emotion

| IN-PERSON OR ON ZOOM

SATURDAY, AUG. 31, 2024 | 8:30 AM-12 PM PT

FOR SPIRITUAL DIRECTORS ONLY

Spiritual directors will explore more deeply how to integrate mindfulness practices with Christian prayer and practice, or help directees integrate mindfulness exercises with other religious or spiritual practices as appropriate.

REGISTER TO ATTEND ON
ZOOM

REGISTER TO ATTEND IN
PERSON



REGISTER HERE

Spiritual Directors and Mental Health

| ON ZOOM ONLY

SATURDAY, SEPT. 28, 2024 | 8-10 AM PT

FOR SPIRITUAL DIRECTORS ONLY

Join us for an insightful session where we delve into the balance between spirituality, emotional wellness, and human connection. Discover effective strategies for supporting individuals navigating depression, anxiety, and addiction while guiding them toward a more profound sense of God's presence.



Do you feel called to become a spiritual director?

Find out more about our Art of Spiritual Direction program!

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

*Interested in receiving our Daily
Reflections?*

SIGN UP HERE



Center for
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COMPANIONS ON THE
SACRED JOURNEY



To learn more about the
Center for Spiritual Development

[Visit our Website](#)

You may also call us at 714-744-3172



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