

October 2023

Soul Space

Quarterly Newsletter



Center for
Spiritual
Development

A MINISTRY OF THE
SISTERS OF ST. JOSEPH
OF ORANGE

THE ART OF COMMUNICATION

We all understand the importance of communication.

The way you describe a physical challenge to your doctor can impact the treatment or medication you receive; the way your doctor explains why you're experiencing a challenge impacts your attitude in working through it.

The words you choose and the tone you use when collaborating with a co-worker can make your project a smooth undertaking -- or something you both dread working on.

How you explain your feelings can help a loved one understand what you're going through -- or drive a wedge between you.

As vital as it is, communication isn't easy -- and particularly when it comes to our relationship with God. When we are experiencing pain, anxiety, or fear, it can seem especially difficult to sense God in our lives. But the truth is, God communicates with us constantly; God is not distant from us when we are in the midst of suffering -- but perhaps our constant focus on the way in which we're suffering blocks out the sound of God's voice.

In just a few days, we will be welcoming interspiritual teacher Mirabai Starr, who will speak to us about the healing power of the Sabbath -- and how observing the Sabbath can help us to better hear God's voice, and to sense God's guiding hand in our lives.

We invite you to join us for this afternoon of inspiration and refreshment -- and to continue discerning how you can strengthen your ability to communicate with the dear neighbor, and with our God.

IN-PERSON EVENTS



[REGISTER HERE](#)

Gather Your Burdens: An Afternoon with Mirabai Starr

| IN-PERSON ONLY

SATURDAY, OCT. 7, 2023 | 1-4 PM PDT

Join us for an afternoon of spiritual refreshment guided by author and interspiritual teacher Mirabai Starr, as we explore and delight in the healing potential of Sabbath and the sacred feminine through Mirabai's input and insight into spiritual practices, as well as ritual and guided journaling.

**REGISTRATION CLOSES
THURSDAY, OCTOBER 4**

Love -- The Living Heartbeat of BioSpirituality

| IN-PERSON ONLY

**FRIDAY & SATURDAY, OCT. 27-28, 2023
| 10 AM-4:30 PM PDT**

Presented by: John Keane, Sr. Jeanne Fallon, CSJ, and Fr. David Robinson, SJ

Traveling to CSD from Ireland, John Keane will lead this 2-day retreat. We will explore how the physical experience of love and affection, as we experience it in our own bodies, can facilitate the transition from control and hyper-rationality into allowing the larger mystery of God to guide and lead us into becoming the person God always intended us to be.



[REGISTER HERE](#)



A Voice Cries Out: An Advent Retreat

| IN-PERSON ONLY

**SUNDAY, DEC. 3, 2023 | 9 AM-12:30 PM
PDT**

[REGISTER HERE](#)

We invite you to come together as a community to soulfully usher in the Advent Season. The retreat morning will begin with Sunday Liturgy at Sacred Heart Chapel followed by a light breakfast. The remainder of our time together will feature reflection, conversation, prayer, and ritual. A voice cries out—what is the message you have heard and desire to herald? Come, let us journey together.

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

OCTOBER 19

NOVEMBER 16

DECEMBER 21

FOR SPIRITUAL DIRECTORS

HEART-TO-HEART SOJOURN

A GATHERING
OF
SPIRITUAL
DIRECTORS



HEART-TO-HEART SOJOURN

| IN-PERSON ONLY

SUN., NOV. 5 - 9 AM - 12:30 PM

Spiritual Directors are invited to join us for an enriching gathering around the sacred setting of the well. This is an opportunity to connect, engage, and foster meaningful relationships with fellow spiritual directors and new Center for Spiritual Development managers. Take advantage of this incredible opportunity to connect and grow within a community of spiritual directors.

[REGISTER HERE](#)



Center for Spiritual Development



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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



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SACRED JOURNEY



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