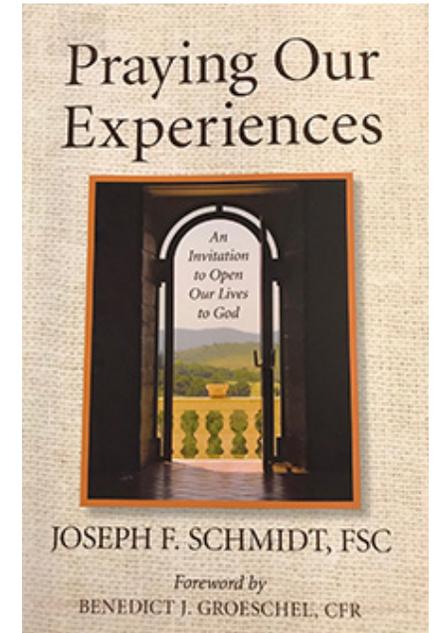


## A Five Week Lenten Reflection



Sunday afternoons.  
**March 1, 8, 15, 22, 29**

3:30 - 5:00 PM

**St. Francis of Assisi  
Catholic Church**  
Room 405 / Anthony Hall

### Led by Mrs. Sally Orcutt, O.P.:

Sally is working on completing the Spiritual Director Training Program at West Virginia Institute for Spirituality (WVIS). She offers individual spiritual direction, workshops in spirituality and contemplative prayer, monthly Sacred Circle gatherings, days of reflection, and individual directed retreats. Her practice is based in Raleigh, North Carolina but she is also available to meet via Zoom.

In addition to her ministry as a Spiritual Director, Sally is a member of the St. Mary Magdalene Chapter of Dominican Laity, a religious order within the Catholic Church, and currently serves as the Chapter's President.

She is the author of **Say Yes 2 Your Life:**

**Journey to Celebrate Your "is-ness"**, a book of self-discovery that invites readers to discover the beautiful selves God created them to be. Having experienced God's merciful healing, she delights in walking with others as they journey closer to God.



"Real prayer is a total experience, bringing together all the strands of our lives. Brother Joseph Schmidt thoughtfully and sensitively describes many of these different strands, ranging from God's word coming to us in the Scriptures to our own willingness to grow beyond our selfishness to maturity. By focusing on praying our experiences, he wisely interprets our many inner personal experiences as prayer, or at least as the stuff from which serious prayer is made."

- From the foreword by **Benedict J. Groeschel, CFR**; author of **The Virtue Driven Life**

### Schedule:

- |        |  |
|--------|--|
| Week 1 | Reflecting on our Life: To Know Ourselves as God Knows us              |
| Week 2 | Obstacles to Praying our Experiences: Some Considerations about Prayer |
| Week 3 | The Search for Self-Knowledge: Giftedness and Brokenness               |
| Week 4 | Self-centered Reflection: Selfishness and the Limited Ego              |
| Week 5 | Writing our Experiences: Discovery and Dialogue                        |

## About the Sessions:

There are many ways to pray. There may, perhaps, be as many ways of prayer as there are people seeking to find and respond to God, who is first and always seeking us.

Some people find their response to God in spontaneous prayers of blessing and praise, prayers of petition, intercession, and thanksgiving; some, as they recite devotional prayers found in a favorite prayer book. Others pray as they share prayer in groups or participate in the celebration of the liturgy. Still others pray best by reciting traditional prayers such as the rosary or by reflecting on the words of Scripture. Some may not pray in any particular way at all.

The one thing we seem to all have in common is that at times, we all struggle with how to pray. What if, we could pray by bringing to God the ordinary experiences of our lives?

In this five-week meditation and sharing discussion, we will explore with Brother Joseph Schmidt, FSC, using *Lectio Divina*, how our experiences, and even our distractions, can become the content of our prayer.

Participants are encouraged to attend all five sessions. In preparation for each session, participants will be asked to read a chapter (or part of a chapter) in the book contemplatively. Reading contemplatively is a process of reading an inspirational writing and then quietly reflecting on what moves the heart, stirs the soul, or captures the attention of the reader. The process will be explained in greater detail during the first session.

## About the Author:

Brother Joseph F. Schmidt, FSC is a lecturer, spiritual director, and pastoral counselor. For many years he was on the staff of the international sabbatical center, Sangre de Cristo, Santa Fe, NM, USA. During the last years he has focused his interest on St. Thérèse of Lisieux. He has written several books including a number focused on St. Thérèse of Lisieux and her spirituality.



## REGISTRATION

I will be attending the  
Lenten Reflection Group  
beginning Sunday, March 1, 2019

I understand there is a \$15 offering  
to cover the cost of the book, supplies,  
and hospitality.

*Please be sure to print clearly.*

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Cell/Phone: \_\_\_\_\_

## Two ways to register:

**1.** Complete this form and send with your donation of for \$15 (checks payable to Sally Orcutt) to:

Sally Orcutt  
3934 Massey Wood Trail  
Raleigh, NC 27616

**2.** Email your name and best number to reach you to [sally@sayyes2yourlife.org](mailto:sally@sayyes2yourlife.org). \$15 will be due at the first session.

## Questions????

Call me at 919-418-7125 or email me at [sally@sayyes2yourlife.org](mailto:sally@sayyes2yourlife.org)