



~ SPIRIT ~

Monthly notes and inspiration from Louisiana Spiritual Directors, Inc.

September 2018

Canticle of Simeon

Now, Lord, you let your servant go in peace:

Your word has been fulfilled.

My own eyes have seen the salvation
which you have prepared in the sight of every
people:

a light to reveal you to the nations
and the glory of your people Israel.

Lord,

give our bodies restful sleep
and let the work we have done today
bear fruit in eternal life.



President's Message

Easton and I went ziplining on our recent vacation to northern Georgia. We both decided it was time for an adventure, to stretch a bit out of our comfort zones. We placed ourselves in the professional hands of the "Screaming Eagle Aerial Adventures" at Unicoi State Park and put our trust in their trained guides (Austin and Austin). We paid our fee, geared up, and then lined up with our fellow "zipper" to receive lots of instructions. And I listened as if my life depended on it: how to tether to the zip-cable, where to place my hands and how to use my right one to brake, how to recover if I lost my balance, how to position myself once I stepped off the platform (eleven of them, actually), and most importantly—the necessity of watching the guide at all times—especially the one at the end of the zip-line who would motion to me to come or to slow down and brake. This instruction was repeated several times.



The amazing thing is this: I never got nervous. I think it's because, by grace, I'm learning to listen. And to trust. And I'm discovering how to stay focused and deliberate with each step. Mostly, I'm learning to keep my eyes on the Guide and to follow directions. Of course, there's a purpose to all of these life lessons: for one thing, our perspective changes!

Seeing the "forest" from a birds-eye view is an exhilarating experience. And with the freedom granted by stepping out in trust, we get to *enjoy the ride!* It dawned on me that just as I trusted my guide (with my very life!), our directees trust us. They trust us to teach them how to stay tethered, how to position themselves when they lose their balance, when to brake; and even, sometimes, they allow us to coax them off the platforms of their cherished comfort zones.

As I observed my "Austins", I noticed that they, too, were always tethered, deliberate in their movements, watchful of each of us, and confident in their equipment and skills. All analogous to our spiritual journeys and ministry.

I think I'm ready for another adventure. This one will unfold in my direction office as another semester at UL begins. Happy Fall!

P.S. Your LASD Board gathers September 22 for our fall planning meeting. If you have suggestions for us, please email me at: robinabear@yahoo.com. Our agenda will include speaker ideas for the 2020 conference.

In light of the crisis surrounding the heartbreaking news of recent scandals of sexual abuse perpetrated by certain members of the Catholic Church leadership and clergy, let us pray for the Catholic Church, the abuse victims, the clergy, Pope Francis, the laity, and for each other—that the Holy Spirit will provide wisdom and healing for all.



MEMBER SPOTLIGHT

Simone DuBois



If someone had told me twenty years ago that I would one day be a spiritual director, I would not only have been shocked but totally incredulous! The majority of my active life was spent as an elementary school teacher in Catholic schools in Massachusetts and Louisiana. At the time, I did not even have a spiritual director even though I was a religious sister for many years.

My first experience of spiritual direction came when I was first introduced to the process of directed retreats at the Jesuit Spirituality Center in Grand Coteau. Beginning in the late 90's, I made yearly

retreats under various directors.

Somewhere in the 2000's, I realized the impact these directors had on me and I began to feel a deep admiration for them and a desire to pursue that ministry. I was blessed to be trained in the Emmaus Program in Grand Coteau reaching certification in 2005. I am privileged to be able to offer women's retreats there periodically.

I am presently ministering at St. Michael Parish in Crowley as Director of Adult Faith Formation. My position involves individual spiritual direction offered not only to parishioners but throughout and beyond our diocese, leading weekly Bible Study sessions, and providing courses in various aspects of the faith to adults.

I never dreamed my life would be so fulfilling! I feel more blessed than the people I minister to! I continue to live in awe and gratitude to God for His guidance and His call!



ANNOUNCEMENTS

UPCOMING RETREATS AND WORKSHOPS

Paula D'Arcy Silent Retreat

Rosaryville Spirit-Life Center
39003 Rosaryville Road
Ponchatoula, Louisiana 70454

Thursday, September 6 - Sunday, September 9, 2018

Fees:

1 registrant with private room: \$410
1 registration with shared room: \$360
Commuter: \$180

We invite you join us for a silent weekend retreat with Paula D'Arcy. Come spend the weekend taking a deeper look at the way we live our lives. For more information and to register, click [here](#).

Not Just "Jesus and Me" Social Dimensions of the Exercises (for Trained Spiritual Directors)

Archdiocesan Spirituality Center
2501 Maine Avenue
Metairie, Louisiana 70003

Saturday, October 6, 2018
9 AM - 4 PM

Presenter: Fr. Fred Kammer, S.J.
Director, Jesuit Social Research Institute
Loyola University-New Orleans

Fee: \$50.00 (Adjustments can be made.)

In recent decades, two separate lines of theological development, drawing upon different sources, have intersected to enrich our understanding of the Spiritual Exercises of Saint Ignatius with a more profound understanding of its social implications. The first is biblical and the other is based in the social sciences. We will explore both sources and their implications for key components in understanding, directing, and presenting the Exercises.

To register, email: archspirctr@arch-no.org or telephone (504) 861-3254.

Mind/Body/Spirit Connection: A Holistic Approach to Prayer

Archdiocesan Spirituality Center
2501 Maine Avenue
Metairie, Louisiana 70003

Monday, October 8, 2018
7-9 PM

Presenters: Sr. Dot Trosclair, OP, and Kathy Anzelmo

Fee: \$40.00

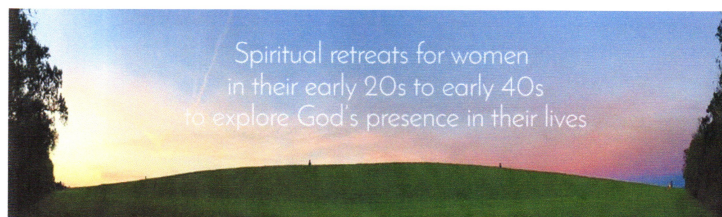
Calming techniques such as deep breathing, meditation, and progressive muscle relaxation will be taught as a way to enter into deeper prayer through imaginative contemplation.

For more information and to register, [click here](#).
Spirituality Center email: archspirctr@archdiocese-no.org

RETREATS for Young Women

MIND • BODY • SPIRIT

Join us for the
October 2018 retreat
in New Orleans!



Spiritual retreats for women
in their early 20s to early 40s
to explore God's presence in their lives

**Be Still
My
Soul**
OCT 12 - 14, 2018
NEW ORLEANS

Come discover the many ways
to open to an experience of God.

Your spiritual mentors will guide you through:
Nature + Art + Music
Body Prayer + Meditation
Reflection + Story + Group Interaction
Silence

Where: Archdiocese of New Orleans Retreat Center, 5500 St. Mary St, Metairie, LA

When: Friday, October 12, 2018 5:00pm to Sunday, October 14, 2018, 1:00pm

Retreat fee: \$200 on or before Sept 28, \$225 after Sept 28

Space limited; early registration encouraged!
For more information and to register visit retreatsforyoungwomen.org

Financial need should not keep you from attending; apply for partial scholarship by filling out the "Contact Us" form on website.

AA Weekend: Staying Sober with the 12-Steps (PLEASE CALL SHARON AT 337-662-5251 EXT. 222 BEFORE REGISTERING)

Jesuit Spirituality Center
299 Martin L King Rd.

Grand Coteau, Louisiana 70541

Thursday, November 28 - Sunday, December 2, 2018

Presenter: Fr. Tom Weston, SJ

Fee: \$335.00 (commuters \$255.00)

The 12 Steps help us live a better life. This is a weekend for women and men in recovery. Addicts, alcoholics, and family and friends are welcome. We will go through the 12 Steps and focus on the practical tools of recovery from this tragic illness. There will be time for quiet, for reflection, for conversation, and for meetings—for some refreshment and renewal. For registration information, click [here](#).



New Orleans Archdiocesan Spirituality Center Internship in Spiritual Direction Informational Meetings

At these meetings we will discuss our program, its purpose, prerequisites, and structure. The two- year Internship in Spiritual Direction Program will begin August, 2019 in Grand Coteau, meeting the third Wednesday of each month (August-May) 9am-5pm and August, 2020 at the Archdiocesan Spirituality Center in Metairie meeting the second Saturday of each month (August-May) 9am-5pm. To register for a meeting call Doris Melito (504) 861-3254 or register on the web <http://asc.arch-no.org>. Locations below:

Baton Rouge – Thursday, Aug. 16, 2018 1:00 pm or 6:00 pm, at the Diocese of Baton Rouge, Tracey Center in the Westerfield Conference Center 1800 S. Acadian Thruway, Room 104, Baton Rouge.

Grand Coteau – Wednesday, Sept. 19, 2018, 7 pm, Thursday, September 20, 2018, 9 am at St. Charles College, Jesuit Spirituality Center, 313 E. Martin Luther King Dr.

Northshore Catholic Center- Monday, Sept. 24, 2018, 7 pm

A.S.C. – Tuesday, Sept. 25, 2018 10 am Monday, Oct. 1, 2018, 7 pm, 2501 Maine Ave., Metairie

Shreveport – Tuesday Sept., 27, 2018, 10 am or 6:30 pm, at the Diocese of Shreveport Catholic Center-Patio Room 3500 Fairfield Ave., Shreveport For more information contact: Mike Van Vranken 318.423.4617 mikevanvranken@comcast.net or register on the web: <https://asc.arch-no.org>

Monroe/West Monroe
Thursday, October 11, 2018, St. Paschal Church, 711 N. 7th Street, West Monroe, LA 71291
6:30 pm For more information contact: Joe Bernal 318.396.6756 jkma2000@aol.com or register on the web: <https://asc.arch-no.org>



READER'S CORNER

i am through you so i

By Brother David Steindl-Rast
Mahwah, NJ: Paulist Press, 2017

Hermit, Zen Christian, spiritual globetrotter: in time for his 90th birthday in July of 2016, "Brother David" tells his incomparably rich life story. Beginning with his childhood in Vienna, he describes his time in World War II and his years as a student after the war, his family's emigration to the U.S., and his entry into the newly-founded Benedictine monastery in the state of New York. There, he soon began looking for what were the still untrodden spiritual paths with undiscovered entryways to non-Christian religions. [Read more . . .](#)



To listen here to a 2013 TED Talk given by Br. David, click [here](#).



Something to Ponder . . .

"There is something in everyone of you that waits and listens for the sound of the genuine in yourself.

It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that someone else pulls."

Dr. Howard Thurman
Baccalaureate Address
at Spelman College
May 4, 1980



To view the video, "The Legacy of Howard Thurman: Mystic and Theologian", click [here](#).



TAKE NOTE

SDI has opened applications for the New Contemplatives Initiative, which seeks to encourage and engage with spiritual companions in the first half of their lives (age 40 or under). New Contemplatives will receive full tuition for the 2019 conference in Bellevue, Washington, USA ...plus hotel accommodation and a travel stipend.... SDI seeks candidates that reflect the human diversity on our planet... At SDI's 2019 conference, "Seeking Connections Across Generations," the New Contemplatives will play an important role in the conversation around building inter-generational spiritual community... The deadline for receiving applications is Wednesday, September 12th, 2018. [Apply here.](#)



Keeping your membership current . . .

Let's not forget that our membership status is concurrent with the fiscal year which runs from July 1 - June 30. Dues may be paid by mailing a check or paying online via [this link](#). If you have any questions, please contact [Elsa Mendoza](#).



Comments? Questions? Suggestions for future articles?
Want information on membership?



Louisiana Spiritual Directors, Inc. (LASD) is an association of trained Spiritual Directors formed to promote continuing education, fellowship and information for Spiritual Directors within Louisiana.



www.louisianaspiritualdirectors.org

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