



~ SPIRIT ~

Monthly notes and inspiration from Louisiana Spiritual Directors, Inc.

October 2018



Prayer for a Spiritual Director

Today, I would be a cupped hand of being,
A piece of pottery, a begging bowl,
satisfied with what slides or glides or flies in.
An urn of gratitude, etched with the markings of thanks-
fortunes and found things and scraps of wind flying in.
Recognized and read like sacred leaves, scarves,
holy notes, feather from above and from within.
A shrine at the side of the road,
a halo of sun around my head,

a thumbprint of God pressed into my side,
the universe painted on my face,
a secret keeper inside my womb,
holding that very wide and deep an open bowl
of Being.
A candle lit from within.

May a passerby looking inside see loveliness, a lively kind,
and holding an open bowl next to mine,
receive a spark to tender them.

through the night.

Gina Marie Mammano
Image by Emily Bourque

President's Message

Dearest Members of LASD,

There is nothing like the deep gratification of sitting in a sacred circle of like-minded colleagues sharing intimately our blessings and challenges. This was my experience during the morning of reflection that preceded our recent LASD Board meeting.

Inspired by Joyce Rupp's book, *Boundless Compassion*, Sister Kathleen Stakelum chose the theme, "Celebrating God's Blessings: You are Blessed; You are a Blessing". Among the many reflections that Sister offered us which are applicable to our ministry, this particular quote by Rabbi Rami Shapiro spoke deeply to me. Let his words soak into your ministerial heart:



"You may think of compassion as sharing another's pain. But of what value is that to you or to the other? If I come to you in pain and you end up with the same pain, all we have done is to add to the world's suffering. I want you to understand my pain, to respond to it deeply, but not to take it on yourself. I want you to help me see what you see and what I cannot see... Mirror my experience, but don't embrace it as your own."

Might we all grow in authentic, responsive, and boundless compassion.

Our meeting focus was mostly on the 2019 conference. *Mark your calendars now: April 5-7 at the Jesuit Spirituality Center in Grand Coteau.* As already announced, Joe Tetlow, SJ will present this theme: "Always

Discerning: Free, Faithful, Creative Discipleship". Registration will begin via our web-site after the first of the year. We hope you're as excited as we are to hear Joe share his wisdom and to gather in our annual *sacred circle of like-minded colleagues.*

Thank you to the many who have paid their dues. If you have forgotten, we are asking you to support our ministry! I remind you that you may pay your dues in two ways, both via our website:

- 1) Electronically with a credit card at [this link](#). OR by
- 2) Printing and completing a form and mailing a check to our treasurer which can be found at [this link](#).

Blessings,

Robin Hebert

MEMBER SPOTLIGHT

Melinda LeBlanc



"Be Who You Is"

That's what someone told the author Fr. James Martin when he asked for advice. The idea being that God has blessed each of us with specific gifts and talents. It's when we use these gifts and talents that we are realizing God's desire for us. And

when we live out God's desire for us, great things can happen.

I spent thirty years working in an unfulfilling, stressful desk job in Baton Rouge, pushing papers and meeting countless unreasonable deadlines. As I approached retirement, I noticed a desire to deepen my prayer life and my relationship with God. At the same time, I noticed that my co-workers would frequently stop by my office just to sit and talk about work, life in the bureaucracy, and even faith. I noticed my job drained me, but I enjoyed helping others, even if for a few minutes at work.

I've looked back on this experience as God's gentle nudge to "be who /is". I'm a quiet introvert who is more comfortable one-on-one than in crowds. I'm a better listener than talker. A personality survey showed me to be empathetic and compassionate. As my spiritual director put it, "that's a recipe for a spiritual director if I ever heard one."

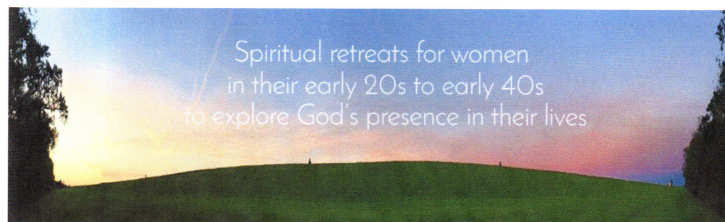
And so after I retired, I completed spiritual direction training at the New Orleans Archdiocesan Spirituality Center. It's truly a blessing to accompany people on their spiritual journeys. I work at the St. Joseph Spirituality Center where I meet individuals one-on-one and in groups, give retreats and the Spiritual Exercises. Membership in LASD gives me the opportunity to grow in my ministry and connect with fellow directors. I encourage you to "Be Who You Is", one who uses your talents and gifts to help others grow closer to God.

ANNOUNCEMENTS

UPCOMING RETREATS AND WORKSHOPS

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



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.

ROOTS AND WINGS

NECESSITIES OF SPIRITUAL TRANSFORMATION

A Silent Preached Retreat for Women

Sponsored by The Archdiocesan Spirituality Center

November 2, 3, 4, 2018 . . . Beginning Friday at 6:00 PM

Held at the

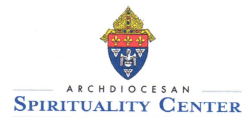
Archdiocese of New Orleans Retreat Center
5500 St. Mary St., Metairie, LA 70003



... CREATION ...
... IS AN ONGOING PROCESS ...
... A CONTINUING BECOMING ...
+ + + + +

FOR YOU LITTLE ONE

I WISH TWO THINGS
TO GIVE YOU ROOTS
TO GIVE YOU WINGS
+ + + + +



... ROOTS AND WINGS ...

NECESSITIES OF SPIRITUAL TRANSFORMATION

Two things we know for sure. One, we were born into the world we live in, and Two, we will, one day, leave the world we were born into. Everything else between birth and death is "mystery". At birth, as our journey begins, we are "rooted" into our family, our Church and the world. As we enter into the mystery of our "roots", spiritual transformation begins. Entering into the mystery of our "wings", we continue to grow into the uniqueness of ourselves. During this silent retreat, we will "pray with the mystery of our roots and wings", necessities of our personal spiritual transformation.

Presented by Bonnie Chase, Associate Director, Archdiocesan Spirituality Center and Charlene Ravira. Both are Spiritual Directors, trained and certified through the Archdiocesan Spirituality Center. For more information or to register, call 504-861-3254. Register online at <http://asc.arch-no.org/>. Registration fee is \$75.00. Suggested fee for the Retreat is \$225.

2501 Maine Ave.
Metairie, LA 70003
(504) 861-3254
<http://www.arch-no.org>
retreats@arch-no.org

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)

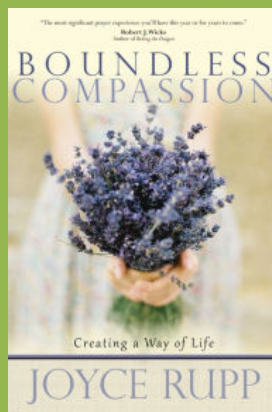
The 12 Steps help us live a better life. This is a weekend for women and men in recovery. Addicts, alcoholics, and family and friends are welcome. We will go through the 12 Steps and focus on the practical tools of recovery from this tragic illness. There will be time for quiet, for reflection, for conversation,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



READER'S CORNER

Boundless Compassion: Creating a Way of Life
by Joyce Rupp. Ave Maria Press, 2018.

"Living compassionately is rarely convenient and often downright challenging," writes Joyce Rupp, bestselling and award-winning author and retreat leader. The definitive Christian guide to compassion, *Boundless Compassion* is the culmination of Rupp's research and work as codirector of the Servite Center of Compassionate Presence. Through this six-week personal transformation process for developing and deepening compassion, Rupp nudges, encourages, and inspires you to grow in the kind of love that motivated Jesus' life and mission for his disciples. [Read more...](#)



Something to Ponder . . .

"In the remembrance of God, the mirror of the heart is polished and is able to reflect the light of God, allowing 'I' to shine."

Ibn al Arabi



TAKE NOTE

Social Justice & Spiritual Direction - An SDI Webinar Series

This 4-part webinar series will support our participants as they create a conscious approach to being a social justice spiritual director. It will look at the challenges directees face, examine tools for social change, and explore in detail what it takes to encourage inner transformation as part of societal evolution. If you already work in areas of social justice - or you seek to be more engaged in these areas - this series is for you.

Led by the remarkable Sister Alison McCrary of New Orleans (who is also a member of LASD), social justice lawyer and spiritual director (see her bio below), this webinar will also feature interviews with spiritual companions from a variety of traditions about their approach to social justice work. For more information and to register, [click here](#).

Click [here](#) to watch a video of Sr. Alison describing her ministry to Angola's Death Row inmates. (Scroll to bottom of page to locate video.)



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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