



## ~ SPIRIT ~

Monthly notes and inspiration from Louisiana Spiritual Directors, Inc.

November 2018



### Autumn Blessings

Autumn brings to the soul relief,  
as hot Summer days, slip to an end  
God sent the season for weary hearts  
to restore, repair and mend.

Unlike the Autumn trees,  
that shed their changing leaves  
God sent the season for failing hearts  
to adhere, embrace and cleave.

[Deborah Ann](#)



## President's Message

Much of my own ministry in spiritual direction is offered in individual and group settings to college women at Our Lady of Wisdom Church and Catholic Student Center. I began my nineteenth year at "Wisdom" this past summer and my affinity for the girls deepens with each passing semester. The girls and I are currently journeying with Our Mother Mary in my two "girls' groups" and I am pulling the material from mystics, Jesuits, bishops and popes. It's been a lot of work on my end, but we are all growing in admiration of her mysterious and sorrowful motherhood.



This week as we prayed with the Presentation, I was mostly struck by Simeon. In fact, I had never noticed that much of the story found in Luke is about him. (I have always focused on his ominous and disturbing statement to Mary, "A sword will pierce through your own soul.") In doing my research, I found an inspiring message about Simeon by Edward Leen, C.S.Sp. from his book, *In the Likeness of Christ*: "Simeon wanted only one thing on earth and that was to behold with his eyes the promised redeemer. Completely detached from earthly things, his eyes were able to discern clearly the vision he longed for when at last it presented itself to him."

Perhaps Simeon and the Prophetess Anna offer much to us spiritual directors as we, too, wait and watch, pray and listen—and then suddenly Christ appears before our eyes. As we prepare to enter Advent this year, personally and with our directees, let us look for the great grace that was granted Simeon and be mindful of the desire of our own hearts to see Jesus. According to Father Leen, "There is only one path that will lead us to the vision. It is the way of detachment and of prayer."

... and by the way ...

**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:

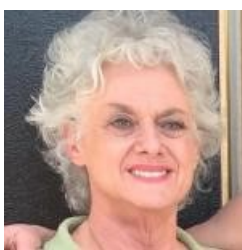
- 1) Electronically with a credit card at [this link](#), OR by
- 2) Printing and completing a form and mailing a check to our treasurer which can be found at [this link](#).

Blessings on your journey..

**Robin Hebert**



Bonnie Chase



It was in the Summer of 1989 when I first received the "nudge" to consider being a spiritual director. Close friends mentioned that they had gone to spiritual direction and said to me, "You could be a spiritual director". They told me that Sr. Noel Toomey was the Director of the Archdiocesan Spirituality Center where they trained people to be spiritual directors.

Sr. Noel and I went back a long way. I hadn't seen her since 1969, when I had registered our son for CCD. Sr. Noel had asked if I would be interested in teaching CCD and becoming a "catechist". Having not a clue of what teaching CCD or becoming a "catechist" meant, I spontaneously replied "sure". My quick response was the beginning of a journey I could never have imagined. For the next few years I studied with other women, with Sr. Noel as our instructor. Those years were incredible! I was like a sponge! I couldn't get enough of being with the women, studying and learning about God.

Although it had been years since I had seen Sr. Noel, within three months of my "nudge" our paths crossed again! In August, 1989 I entered the Internship for Spiritual Direction. Sr. Noel and Gerry Fagin, SJ were my instructors. Since graduating in January, 1992, I have practiced the ministry of spiritual direction, offering on-going spiritual direction, silent directed retreats, weekend retreats, days of prayer and 19th Annotation retreats. In time, I was asked to be on the committee to help coordinate Louisiana Spiritual Directors. I couldn't believe this was my life!

Since 1994, I have been an Associate Director for the Archdiocesan Spirituality Center and have committed to its mission of "nurturing the spiritual growth of the religious, clergy and lay faithful of the Archdiocese". I'm in awe of being part of the spiritual direction ministry. It's like I'm sitting in front of the "Burning Bush"—watching the Lord speak to his people, calling them



# ANNOUNCEMENTS

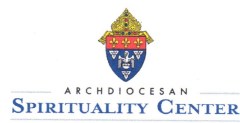
## UPCOMING RETREATS AND WORKSHOPS

### 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 CONTINUAL 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 Rovira. Both are Spiritual Directors, trained and certified through the Archdiocesan Spirituality Center. For more information or to register, call 504-861-3234. Register online at <http://ass.archnola.org>. Registration fee is \$75.00. Suggested fee for the Retreat is \$225.

2501 Maline Ave.  
Metairie, LA 70003  
504-861-3234  
<http://ass.archnola.org>  
spiritualctr@archnola.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)

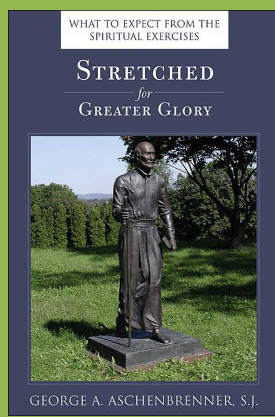
The 12 Steps help us live a better life. This is a weekend for women and men in recovery. Addicts, alcoholics, and family and friends are welcome. We will go through the 12 Steps and focus on the practical tools of recovery from this tragic illness. There will be time for quiet, for reflection, for conversation,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



### READER'S CORNER

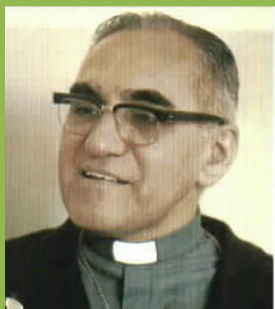
**Stretched for Greater  
Glory: What to Expect from  
the Spiritual Exercises**  
By:  
[George A. Aschenbrenner,  
SJ](#)  
Loyola Press, 2004

The joy and freedom to be found in the Ignatian exercises comes to life in this book by George A. Aschenbrenner, SJ. While many scholarly books and commentaries have explored the Spiritual Exercises of St. Ignatius, Aschenbrenner introduces readers to the dynamics that are at the heart of these Ignatian exercises in *Stretched for Greater Glory*. His straightforward commentary and vast knowledge make this book appropriate for both the novice spiritual seeker and the experienced spiritual director.



### Something to Ponder . . .

*"Peace is the product of  
justice and love."*  
St. Oscar Romero



To view a short video on the life of St. Oscar Romero, "Oscar Romero: A Life for God and the Poor", click [here](#).



### TAKE NOTE

**2019 SDI Conference  
"Seeking Connection -  
Across Generations"**

SDI is excited to share for the first time all 21 workshops for its 2019 SDI conference - Seeking Connection - Across Generations. From a fresh approach to Ignatian Spirituality to new listening strategies; from aging to ancestors; from gender and sexuality to social activism and contemplative dialogue across generations ... we have workshops and workshop leaders that will stretch you as both a spiritual companion and a seeker.

To look at the workshops now - click [here](#).

Early birds save \$100 on registration - click [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](http://www.louisianaspiritualdirectors.org)

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Baton Rouge, Louisiana 70816

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