

# Fall 2024 Spirituality Program Descriptions

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This fall we are planning on a 7-8 week program in spirituality for the community. We will begin towards the end of September or beginning of October. The day and time will be determined based upon the availability of those who would like to attend. Each week of the program stands on its own, so if you might be traveling or unable to make a session, that is not a problem.

We have not yet decided upon the content of the program. However, we have narrowed it down to two possibilities. The descriptions of each are in this document. If you have any interest in the program, you can register on the [Cuenca Catholic website](#) and also indicate which program(s) you are interested in. You do not have to select any, but you can select both if they interest you. Registering does not oblige you to join the program.

If you have questions or want more information, send mail to [cuencacatholic+spirituality@gmail.com](mailto:cuencacatholic+spirituality@gmail.com) or talk to Gary Pollice after the Sunday Mass.

## Exploring Spiritual Practices

This program invites the participants to explore different prayer practices and to share practices and prayers that they find most helpful in their lives. There are many paths one might take to communicate with God. Some are well known by all Catholic Christians, such as the Lord's Prayer, the Mass and Eucharist, praying the Rosary, and so on. Others may not be as well known or not recognized as prayerful spiritual practices. These vary greatly from silent centering prayer to sacred music and dance. The goal of this program is to help each participant enrich their prayer life.

Each week, participants are invited to share some of their most meaningful practices, and their experiences from the previous week, where they are invited to try different practices or prayers. Printed materials will be provided with descriptions of the practices and prayers, and resources for individual exploration.

## Deepening Your Relationship with God

Who is God to you? Who are you to God? Fr. William A. Barry, SJ suggests that God desired us into being and desires a personal friendship with each of us. In his book, *A Friendship Like No Other*, he presents the reader with 14 short meditations that help the reader develop a deep, personal friendship with God, and suggestions on how to nourish and understand better this friendship.

Each week, participants will be expected to read two of the short chapters, and reflect upon them. The meetings will be used to share our experiences and reactions. Some starting prompt questions will be offered, but the main benefit of the meetings are the mutual sharing of our faith and how one's view of the relationship with God might deepen.

The book is available in electronic form (Kindle or audiobook) or Paperback and costs less than \$10. You can read the first chapter on the [Amazon page for the paperback book](#).