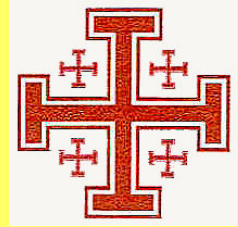


The Spiritual Directions

Sunday, December 1, 9:30 – 3:30

\$50 – meditations, lunch, and booklet

Led by Skip Doyle



In the Franciscan tradition, this outdoor day of prayer and meditation, of learning and discovery in creation, explores: What is the great commandment? and How should we pray? “Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.” (Deuteronomy) “You must love your neighbor as yourself.” (Leviticus).



Jesus instructs us to eschew judgement. But how do we do that?

Jesus commands us to love one another. But how do we do that? We all seek peace in our life. But how do we attain that? We all seek joy. But how do we accomplish that? The Spiritual Directions not only answer each of those questions, but is a scripture-based practice for living a life of peace and joy, based in love, and without judgement.

Each participant receives a meditation booklet containing both the reflections and their Bible references.

This day of guided prayer and meditation is in the outdoors on the grounds of Graymoor during Advent – the preparation season for Christmas. December weather can vary, so please bring warm apparel and raingear if necessary.

9:30	The Greatest Commandment(s)
10:00	The Spiritual Directions
11:00	Eucharistic Mass
12:30	Lunch
1:00	The Spiritual Directions

Graymoor Spiritual Life Center

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