

Not By Bread Alone: Brown Bag Experience of Ignatian Prayer

Fr. Robert Braunreuther, S.J.
Tuesdays, October 16 through November 13, Noon
LSC, Cuneo 410



These hour-long sessions over a brown-bag lunch will explore different Ignatian methods of prayer.

For those seeking to expand their experiences of prayer or those desiring some time for prayer and reflection, each session stands alone so one can attend one session or all.

Beverages and desserts will be provided!

October 16: *Some Thoughts on Ignatian Spirituality and Praying.*

Unpack some of the words and phrases you hear in homilies, lectures and conversations.

October 23: *The Examination of Consciousness.*

Learn to find God in the daily events of your life.

October 30: *The “First,” “Second” and “Third” Methods of Prayer.*

Discuss three easy-to-use methods for busy people.

November 6: *Meditation and Contemplation.*

Explore the different emphases in these two methods.

November 13: *Application of the Senses, and Contemplating the Love of God.*

Discover God constantly "at work" all around us, and in us.



Sponsored by Mission and Identity