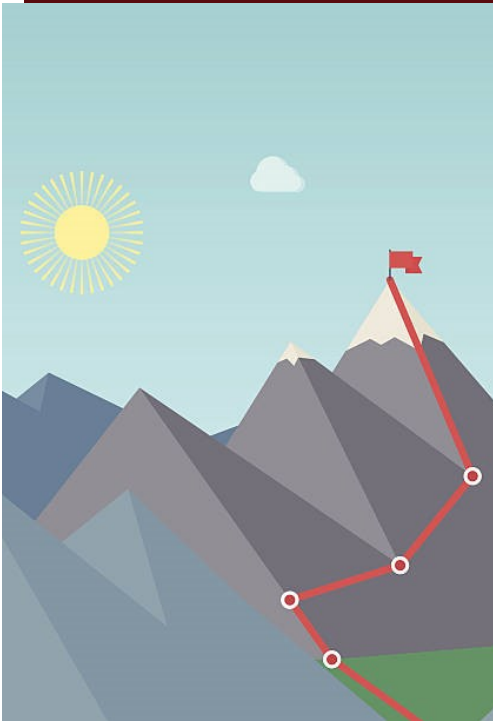


Sunday Morning 2019-2020  
**Adult Faith Formation**

10:10-10:55 — Alter Hall

Parish teens are also encouraged to participate!



**My Spiritual Journey: Responding to God Through the Changing Seasons of Faith** — Todd Long — Alter 103

9/22 - Intro to the model: Discovering God, Learning About God, Connecting in Community

9/29 - Serving God and Others

10/6 - Rediscovering God: The Inward Journey of Integration

10/13 - Reflecting God: The Purified Life of Love

**How to Pray: An Experiential Sampler of Christian Prayer Practices** — Todd Long — Alter 103

10/20 - Lectio Divina

11/10 - Conversational Prayer

10/27 - Examen of Consciousness

11/17 - Welcoming Prayer

11/3 - Ignatian Contemplation

12/8 - Contemplative Prayer: Breath Prayer / Centering Prayer / Stillness

**Journeying through Scripture** — Lee Colglazier — Alter 102

Encountering the people, places and themes of the Bible; begins 9/15, continues each Sunday.

**Hello, Saints!** — Fr. Al Bischoff and Mike Myers — Alter 105

Conversations on excerpts from the new book with the same title; attend each week or drop in; begins 9/15

**The Spiritual Exercises of St. Ignatius**

Accompanied by trained Companion in a small group using 8 week or 32 week version on Sunday morning or a week night. To register contact Jane Myers [myersj@xavier.edu](mailto:myersj@xavier.edu) or 513-745-3317

