



# An Introduction to Spirituality:

## *Deepening Your Relationship With God*

### A Nine Week Journey for Students and Parents

*(Beginning in January on either Tuesday or Thursday evenings depending on participants availability).*

If you want to grow in your relationship with God as an individual or a family, then this program may be for you. We will explore prayer through common practices in the Church, through how some of her saints prayed, and through spiritual direction.

### PRAYER

We will explore different forms of prayer each week. The backbone of the journey will be praying with the scriptures and using this as a springboard to encounter and converse with God. You will need to be able to devote at least 15 to 30 minutes to prayer each day and to keep a journal of your experience.

### SPIRITUAL DIRECTION

Spiritual Direction is help given by one Christian to another, which enables that person to pay attention to God's personal communication to him or her, to respond to this personally communicating God, and to live out the consequences of the relationship. My part in this journey is to help you pay attention to how God is moving you and to your response. We will do this in a group format because it is amazing to hear how God's Word speaks to each of us in ways that are sometimes subtle and sometimes considerable in their differences.

### ABOUT ME



I am Chris Bedosky (Padua Class of 1980). I have done many things in my life; I even spent some time with the Franciscans. God has always been active in my life and now I want to help others come to know God more personally. By day, I work for University Hospitals and at night, I live with my family in Shaker Heights. I am in my second year of a Spirituality program at John Carroll University.

#### ***For more information please contact:***

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