

Each session will include a presentation, hands-on prayer experience and time for personal and private prayer. Particulars include:

- ❖ Prayer methods used by the saints.
- ❖ A deeper appreciation for Scripture in our daily lives.
- ❖ Catholic Spirituality including the Fathers of the Church, the Desert Tradition, and the spiritualities of our great saints and founders.

The Sacrament of Reconciliation will also be offered prior to the beginning of the sessions.



Michael Fonseca is the Director of Spiritual Direction for the Diocese of Gaylord. Prior to holding this position, he was Coordinator of Spiritual Formation at Saint Luke Institute in Silver Springs, Maryland.

In addition to designing and executing spiritual formation programs, Dr. Fonseca is a licensed professional counselor and an experienced spiritual director and retreat leader. He has given retreats throughout the United States as well as other countries. Dr. Fonseca has written two books, *Living in God's Embrace* and *Living in the Master's Footsteps*, both published by Ave Maria Press.

He and his wife, Cherrie, direct a small retreat center from their home in Ravenna, Michigan.



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# **“BE HOLY, BLAMELESS, AND FULL OF LOVE”**

**Ephesians 1:4**

## **A Spiritual Renewal Program for Parish Communities**

*Presented by  
Dr. Michael Fonseca*

## A Spiritual Renewal Program for Parish Communities

### GOALS

- ❖ To form and deepen Christian discipleship
- ❖ To deepen Christian Fellowship through sustained spiritual formation
- ❖ To develop a deeper relationship with the universal Church
- ❖ To create awareness of the need to share resources and build faith communities beyond individual parish boundaries

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**PRE-REGISTRATION IS REQUIRED.**  
**Please call your Home Parish or St. Francis Xavier Parish at (231) 347-4133.**

#### Materials Needed:

New American Study Bible  
 Catechism of the Catholic Church  
 Manual prepared by Dr. Fonseca

### Session Topics

Who is God for You?  
 The Meaning of Prayer

Who is God as He says He is?  
 Helpful Practices in Prayer and Examination of Conscience

God's Vision for Us  
 Praying as Jesus taught us

Reality of Sin  
 Method of Meditation

Vocal Prayer  
 Practicing the Presence of God

God's Mercy  
 Method of Ignatian Contemplation

God's Covenants with Us  
 Lectio Divina

Calls of Abraham & Moses  
 Passover Meal & Sinai Covenant

Sacrificial Traditions in the OT  
 Prayer of Remembrance

Eucharist & The Suffering Servant  
 Praying with the Psalms

Call of Isaiah  
 Call of Jeremiah & The Exile Experience  
 Recognizing God's Voice and Presence I & II

God as Emmanuel & Intimacy with God  
 Overnight Retreat & Repetition

### Session Dates

September 21, 2009  
 October 11-14 (Parish Mission)  
 November 16  
 November 30  
 December 14  
 December 21  
 January 11, 2010  
 January 25  
 February 1  
 February 15  
 March 1  
 March 15  
 March 29  
 April 5  
 April 19  
 May 10  
 May 28-29 (Overnight Retreat at the parish with Friday evening session and all day Saturday ending with weekend Eucharist.)

### Session Times

**7:00-8:30pm in September, March 15 & 29, April, May**

**6:30-8:00pm in November, December, January, February, March 1.**

### Location

**St. Francis Xavier Parish  
 513 Howard St  
 Petoskey, MI 49770**