



# Just FAITH Engaging SPIRITUALITY



## IN PURSUIT OF AN UNDIVIDED LIFE

**E**ngaging Spirituality invites Catholic adults to break open their lives, penetrate the realities of our times, and explore the intersection between Christian spirituality and Gospel justice. Participants focus on the practical challenges of following Jesus, engaging in contemplation while immersing themselves in the heart of our fragmented world.

**E**ngaging Spirituality includes these unique dimensions:

It is accessible and practical,

inviting regular people to plumb their own depths.

It introduces seekers to a breadth of contemporary and ancient wisdom.

It invites people to engage current social realities from their hearts.

It promotes a “grounded spirituality” for living the Gospel in these times.



**A**ll around this blessed-broken world there is a great hunger for **Justice**.

In these complex and troubling times there is a deep thirst for **Wisdom**.

And everywhere people are looking for **Integrity**.

By Engaging Spirituality we seek to be rooted in love, grounded in justice, and find our bearings in order to follow Jesus with integrity today.

JustFaith Ministries is a national organization that develops small-group, “trans-formational” processes, designed to ignite the Gospel imagination of faithful people and inspire them to respond to injustice with compassion.



## Bearing the Burden of Integrity

In addition to spiritual reading, dialogue and immersion experiences, Engaging Spirituality groups will have access to the grounded wisdom of 24 contemporary spiritual pathfinders. Each week groups reflect on a letter from a spiritual teacher, contemplative or activist. These contributions, commissioned specifically for Engaging Spirituality, are called BEARINGS, since the authors bear witness to their personal, practical struggle to live an authentic Christian life amid the complexities of our world.



expression of our desire to be whole, at one with God, and connected to the life that surrounds us. This longing for integrity and communion motivates us to dedicate our lives to restoration, justice and peace.

Though spirituality is about the quality of our lives and the hunger within, it is not a private matter. Our public lives mirror our spirituality, reflecting what lies deep inside. Spirituality shapes our lives and informs our relationships.

† ... that Christ may dwell in your hearts... as you are being rooted and grounded in love... so that you may be filled with the utter fullness of God.

- Ephesians 3:16-19

While many in our world are starved of adequate nourishment, respect and human dignity, we all hunger for a deep and meaningful life. Spirituality is an

## A Small-Group Process for Engaging Spirituality



Small-group focused

8-12 individuals who register through their parishes.

Grassroots-led

co-facilitated by two trained participants.

An extended commitment

21 weekly (2½ hr) sessions over 6 months.

Multi-dimensional

2 retreats, 2 immersion experiences, journal-keeping, prayerful dialogue, spiritual reading, "sacred listening."

Resource-full

8 texts, video presentations, exposure to applied wisdom from contemporary teachers.

An integrated process

spiritual practices, lifestyle challenges and outreach ministry.

† *Is not one of our problems today that we have separated ourselves from the poor and the wounded and the suffering... and have lost the yearning for God that comes when we are faced with the sufferings of people...*  
- Jean Vanier

Training workshops for co-facilitators will be offered in a select number of locations around the country in the spring and summer of 2008. Pilot groups begin September 2008. For more information contact Joe Grant: [joe@justfaith.org](mailto:joe@justfaith.org).