



Over the next several months, St. Ann's will offer a variety of mini programs designed specifically to give you a chance to try out some spiritual practices. As we sample together, we'll pay attention to what we like and what we don't like. We may come back for seconds of things that taste good. Taste and See if these spiritual practices work for you!

- **Each program will meet one day a week (30-60 minutes) and will run for 2-6 weeks (depending on the program).**
- **Most programs will be designed for you to simply drop in on any given week.**
- **You don't have to be at every session (though that might enhance the experience).**
- **We began in an online-only format.** We'll likely do this in person or in a hybrid model (with people in-person as well as people joining online at the same time) as safety permits.

Is there something you'd like to try?

Share your ideas by emailing Mother Lilo at mtrlilo@saint-anns.org

(Dates and times may be adjusted as we find the best times for people.)

(see details below)

Spiritual Imagination (2 sessions)

with Mother Lilo

In the Sanctuary of St. Ann's

Monday, May 2nd and May 16th

7:00 p.m.-8:15 p.m.

We're kicking off our Easter Taste and See with Spiritual Imagination, a type of prayer taught by St. Ignatius of Loyola, the founder of the Roman Catholic Jesuit order. St. Ignatius believed that God was in all things, even our imaginations. Using our imaginations and all our five senses, we put ourselves into scenes from Scripture, where we often encounter the risen, Living Christ. Mother Lilo has participated in and led groups using this process and the experiences are often powerful. Come and see if this type of prayer is fruitful for you!

Book Club: Healing Prayer (3 sessions)

"Stretch Out Your Hand"

By Tilda Norberg and Robert D. Webber

Mondays May 23th, May 30th, June 6th

7:00 p.m.

If you are interested in healing prayer, this book discussion is a terrific place to start. Also great for those with some experience. We'll also have an opportunity to pray for ourselves, others and the world. You can purchase the book on Amazon

Listen and Share:

TBD

Contemporary Spiritual Poetry

7:00 p.m.-8:00 p.m.

(2 sessions)

with Mother Lilo

There are many ways that God can speak to us. This group will explore some examples of contemporary spiritual poetry from such authors as Mary Oliver.

Bible Study: Short Stories By Jesus

TBD

(3 sessions)

with Mother Lilo

Scriptural Collage

TBD

(2 sessions)

with Mother Lilo

Create your own interpretation of a scriptural passage using the art of collage. We'll share our work with each other.