

PASSIONIST
EARTH & SPIRIT CENTER

1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749 • WWW.EARTHANDSPIRITCENT



Meditation

WINTER-SPRING 2010

*Understanding the World Within
Training the Mind and Heart
Growing in Wisdom*



- Instructor: Fr. Joe Mitchell, CP
- Where: The BARN behind the Passionist Monastery at 1924 Newburg Road in Louisville, KY
- Suggested donation: \$140. However, no one will be refused for lack of funds.
- For information call: 502.452.2749 or email: earthandspirit@passionist.org
- Archdiocesan Catechist Certification is available.

✂ REGISTRATION

Yes, I would like to register: Beginning Meditation – Wednesdays Meditation for the Experienced – Tuesdays

Name _____ Phone (HOME) _____

Address _____ Phone (WORK) _____

City/State/Zip _____

Email _____ \$20 DEPOSIT enclosed for class: Yes

Make checks payable to: Passionist Earth & Spirit Center. Please enclose a \$20 deposit to confirm your reservation.

MAIL TO: Passionist Earth & Spirit Center • 1924 Newburg Road • Louisville, KY 40205 • 502.452.2749

Beginning Meditation

Wednesday Sessions – Begin February 2010

Encountering the Inner Christ

This class is for those interested in learning or becoming re-familiar with the practice of meditation. It includes: basic instructions in a method of Christian insight meditation; the psychological and scriptural underpinnings of the practice; a map of the inner world; and guidance for applying these teachings in daily life. Meditation is taught as a way of self discovery and accessing the Kingdom of Heaven within.

- Saturday, February 6, 2010 – 9:00 a.m. to 3:30 p.m.
Orientation to Meditation (prerequisite for Wednesday classes)
- Ten Wednesday classes: Feb. 10, 17, 24, Mar. 3, 10, 17, 31, Apr. 7, 14, 21 from 10:00 A.M.–11:30 A.M. OR 7:00–8:30 P.M.
- The same class will be presented mornings and evenings. Participants can arrange to attend either session.
- Text: *The Kingdom Within* by John Sanford

Meditation for Experienced Students

Tuesday Sessions – Begin February 2010

Insight Meditation

This class is for experienced meditators who wish to deepen and mature their practice. The study will focus on cultivating the skills and understanding of Insight Meditation – “insight” into the nature of things, leading to liberation of the mind. It will guide participants toward emptying themselves of identification with the ego so as to be available to the Inner Spirit.

- Saturday, February 13, 2010 – 9:30 a.m. to 12:30 p.m.
- Ten Tuesday classes: Feb. 9, 16, 23, Mar. 2, 9, 16, 30, Apr. 6, 13, 20 from 10:30 A.M.–12:00 NOON OR 7:00–8:30 P.M.
- The same class will be presented mornings and evenings.
- Text: *Eight Mindful Steps to Happiness* by B. H. Gunaratana