



## ~ SPIRIT ~

*Monthly notes and inspiration from Louisiana Spiritual Directors, Inc.*  
**August 2014**

### **A Message From Our LASD President, Joan Broussard**



The **2014 Annual LASD Conference** was filled with wisdom, fellowship and grace. Father Mark Thibodeaux, S.J. shared his knowledge on the topic, "Discernment of the Spirit in the Craft of Spiritual Direction". We all enjoyed his presentations and were enriched by his wisdom and wit. This type of continuing education helps all of us in directing and is what the Board hopes to bring more of in the future.

**Three new Directors** to the Board were elected at our annual meeting. We welcome Simone Dubois, Maggie Baudoin and Ted Standley to the Board. A picture of the whole group is coming soon!

**Got my letter? .....**You may have already received a letter from me re-introducing our organization to you. Included with that mailing is an information card. Please take a moment to complete it and return it as

soon as possible in the envelope provided. Some of you have told members of the Board that you did not receive information about an upcoming event or conference. This request for information will help us to refine our contact list, plus we would like to use it to create a member booklet to be distributed to all members, retreat houses, and anyone wishing to find a Director within the state. It will also be used to populate the Directors listing on our web site for those looking for a Director online.

**I am looking forward to another great year as President.** The Board and I have several ideas we would like to implement, such as the member's booklet and days of reflection. We welcome any ideas and suggestions you may have that would make our LASD organization better.



### READER'S CORNER

**A great read . . . or re-read:** *Armchair Mystic: Easing Into Contemplative Prayer* is a user-friendly book written by Fr. Mark Thibodeaux,



**SOMETHING TO PONDER . . .**  
**A Short Prayer**



**TAKE NOTE**  
**Archdiocesan Spirituality Center of New Orleans to Offer**

theory and practice, gently and concretely taking the reader through the first steps of contemplative prayer. It begins with the necessary details of time and place to pray, then presents the maturation of the prayer life in four stages. Step-by-step exercises throughout the book provide concrete examples of how to use the concepts discussed. *Armchair Mystic* will prove invaluable to individuals and small groups who are new to contemplative prayer.



*"O Lord give me the strength that the whole world look to me with the eyes of a friend. Let us ever examine each other with the eyes of a friend."*

- Yayurveda in *The Little Book of Prayers* by David Schiller.



## **Training Spiritual Directors**

The Archdiocesan Spirituality Center of New Orleans will be offering two new classes for training Spiritual Directors which will commence in August 2015. One is scheduled to be held at the Spirituality Center in Metairie and the other at the Jesuit Spirituality Center in Grand Coteau. Dates and locations for informational meetings are as follows:

- Baton Rouge: Thursday, August 14, 1:30 pm & 7 pm, Tracey Room in Westerfield Conference Center 1800 S. Acadian Thruway, Baton Rouge.
- Grand Coteau: Friday, September 12 at 10 am & 7 pm.
- Shreveport: Monday, September 15 at 1:30 pm and 7 pm. Diocese of Shreveport Catholic Center-Patio Room 3500 Fairfield Ave., Shreveport.
- New Orleans: Tuesday, September 23 at 10 am & 7 pm. Archdiocesan Spirituality Center, 2501 Maine Avenue, Metairie.

To register, call (504) 861-

web: <http://asc.arch-no.org>. Only 8 individuals will be selected for each cohort. For more information, please contact Sr. Dot Trosclair, Director, at [srdotop@arch-no.org](mailto:srdotop@arch-no.org) or 504-861-3254 . Please help us to spread the word!



Comments? Questions? Suggestions for future articles?  
Want information on membership?



<http://www.louisianaspiritualdirectors.org/>

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