



# ~ SPIRIT ~



*Monthly notes and inspiration from Louisiana Spiritual Directors, Inc.*  
**March 2015**



## TRUST LIFE, WAKE UP!

Awaken! The time is now for each of us to become fully alive to the remarkable experience of living . . . We must be brave to wake up, to listen, and to share our life reality with each other through words, service, advocacy, and presence.

*-Pegge Erkeneff*



**PLEASE DON'T FORGET!!!**

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**Louisiana Spiritual Directors  
Annual Conference  
May 22-23-24, 2015  
The Wesley Center  
Woodworth, Louisiana**



Presenter: Merton Scholar Dr. Gray Matthews



## READER'S CORNER

*Light on a River's Turning:  
Meditations on the  
Life of Hildegard of  
Bingen*  
by Lyn Holley Doucet

This book contains forty thoughtful daily meditations on the life of Saint Hildegard of Bingen, the celebrated twelfth-century Christian mystic and Benedictine Abbess from the Rhineland. Award-winning author and professional counselor Lyn Doucet guides you through Hildegard's incredible life as a visionary and mystic. Each thoughtfully crafted meditation includes Doucet's thoughts on various aspects of Hildegard's life and



## SOMETHING TO PONDER . . . GRATITUDES

*Open my eyes  
to see the joys -  
the gratitudes that rise  
from suffering and  
surprise.*

- Kent Ira Goff



## TAKE NOTE SDI VIDEO SERIES

The "SDI Learns From..." educational video series is a free gift to you. Learn about the value and benefits found in spiritual direction and contemplative practice from wise, diverse leaders, and teachers in the global learning community of Spiritual Directors International. To be the first to view new educational videos, [subscribe to the SDI YouTube channel](#) This web video series is available on the [SDI YouTube channel](#) and is also [available on DVD](#) for personal or teaching use

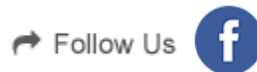
to reflect on your own  
life, and a short prayer  
to carry with you for the  
day.



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



**Louisiana Spiritual Directors, Inc. (LASD)** is an association of trained Spiritual Directors formed to promote continuing education, fellowship and information for Spiritual Directors within Louisiana.



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

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