

~ SPIRIT ~

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



A message from your 2015-2016 LASD Board President, Brad Leger

Bonjour!

As I began preparing my thoughts for this statement, I reflected on my own life's journey and the many wonderful guides and mentors who have helped me to maneuver this sacred path. These of course, included some excellent spiritual directors. As I continue this voyage, my own understanding of the art of spiritual direction continues to evolve. It is often a challenge for me to succinctly share my own "elevator speech" of what spiritual direction is to folks who have never heard of this ancient practice, so I often search for the words spoken by folks who are wiser than I am. Although there are many from whom I can choose, I am really drawn to the description as expressed by James Keegan, SJ, who tells us that, "Spiritual direction is the contemplative practice of helping another person or group to awaken to the mystery called God in all of life, and to respond to that discovery in a growing relationship of freedom and commitment."

It is with these thoughts in mind that that I, with great humility, accept the post of your 2015-2106 LASD Board of Directors President. It is my hope that all of us who are serving on the Board of Directors can provide opportunities for all of our members for the coming year to continue to grow as we help others "to awaken to the mystery called God in all of life". We also wish to reach out to spiritual directors from around our state who are not members of LASD and to inform them about the benefits of membership, so your assistance in this matter would be greatly appreciated! If you have any questions, concerns, comments, or suggestions, please do not hesitate to contact me. I look forward to a great year!





2015-2016 LASD BOARD MEMBERS

L-R: Bradley Leger, President; Jane Hebert, Board Member; Ted Standley, Vice President; Paula Hymel, Secretary; Nelda Turner, Treasurer; and Simone Dubois, Board Member.



2015-2016 LASD BOARD, CONT.

Maggie Baudoin, Board Member.



Awakening to Wisdom: Thomas Merton and the Long Art of Contemplation”

***Reflections on a presentation given by Gray Matthews at the Louisiana
Spiritual Directors Conference—May 22-24, 2015***

Submitted by Jane L. Hebert

Gray presented an eclectic weekend of intellectually stimulating and spiritually challenging talks on Thomas Merton, which shed light not only on Merton’s life and vision but also on the paintings and poetry of other artists and writers. Because his talks were so intense and faith-filled and comprehensive, a summary cannot do him justice. However, I will mention a few of the highlights.

Perhaps the overall theme was: “The contemplation of life never exhausts life but rather amplifies living itself, helping us learn to live in wisdom and fullness of life.”

Some of the points Gray addressed were:

- Somehow we touch God in everything we experience.
- Wisdom is speaking everywhere.
- Make the space to be open, to attend to God. Be ready to receive, to wait for God.

- Waiting for God is a “holy receptiveness.”
- Everyone drags around an illusion of self, the false self.
- If you want to be a real human being, you need to go to God, to take the time for contemplation.
- If you cannot be moved by something greater than yourself, by the Source of Life, you cannot be truly human.
- The way to humility is through suffering and compassion.
- God asks us to be in the world and not of it, to depend on God in the midst of a world on fire.
- I don’t need to make anything happen. Rather I need to listen, to be open and receptive to Life.

Regarding our role as spiritual directors, Gray said that people are looking for “real” human beings, someone who can “see” them. They ask us, “Can you see God working in me because I cannot see it?”

Finally, I will leave you with a quote from Thomas Merton that illustrates his mystical view of life: “We are living in a world that is absolutely transparent and God is shining through it all the time.”



New Orleans Archdiocesan Spirituality Center Internship in Spiritual Direction Informational Meetings

The Archdiocesan Spirituality Center will hold five Informational Meetings announcing our next Training Program in Spiritual Direction. Over the years, this Internship in Spiritual Direction has certified over 200 spiritual directors now serving a number of dioceses in Louisiana. At these meeting, we will discuss our program, its purpose, prerequisites, and structure. The two year Internship in Spiritual Direction Program will begin August, 2017 in two locations: Grand Coteau, meeting the third Wednesday of each month (August-May), 9am-5pm; and at the Archdiocesan Spirituality Center in Metairie, meeting the second Saturday of each month (August-May), 9am-5pm.

For information or to register for a meeting call Sister Dorothy Trosclair, O.P. (504) 861-3254 (504) 861-3254 or register on the web <http://asc.arch-no.org>.

Metairie: Wednesday, August 26, 2015, 10am & 7pm at the Archdiocesan Spirituality Center, 2501 Maine Avenue, Metairie.

Grand Coteau: Thursday, September 3, 2015, 10am & 7pm at St. Charles College, Jesuit Spirituality Center, 313 E. Martin Luther King Dr., Grand Coteau.

Shreveport: Wednesday, October 28, 2015, 10am & 7pm at the Diocese of

Shreveport Catholic Center-Patio Room 3500 Fairfield Avenue, Shreveport.

Houma/Thibodaux: Wednesday, November 4, 2015, 10am & 6pm, at the Lumen Christi Retreat Center 100 Lumen Christi Lane, Hwy. 311, Schriever, Louisiana.

Baton Rouge: Wednesday, December 2, 2015 10am & 7pm at the Diocese of Baton Rouge, Tracey Center in the Westerfield Conference Center 1800 S. Acadian Thruway, Baton Rouge.

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To view Sr. Dot's webinar on spiritual direction originally broadcast on September 2, 2014, click [here](#).



COMING SOON:

OPEN MY HEART, LORD

A one night silent retreat for young adult women, mid-twenties to early forties.

Where: The Archdiocese of New Orleans Retreat Center Dedicated to Our Lady of the Cenacle (5500 St. Mary St., Metairie, LA).

When: Saturday, September 12, 2015 @ 8:30 AM to Sunday September 13, after lunch.



Registration information will be posted soon on the [LASD website](#). For further information contact Yvonne Hymel (504)834-0042 (504)834-0042; cell:

(504)481-4319 (504)481-4319 e-mail:

yhymel09@gmail.com or Jane Hebert (504)232-8748 (504)232-8748. You

can also join in the conversation at the event's [Facebook page](#).