



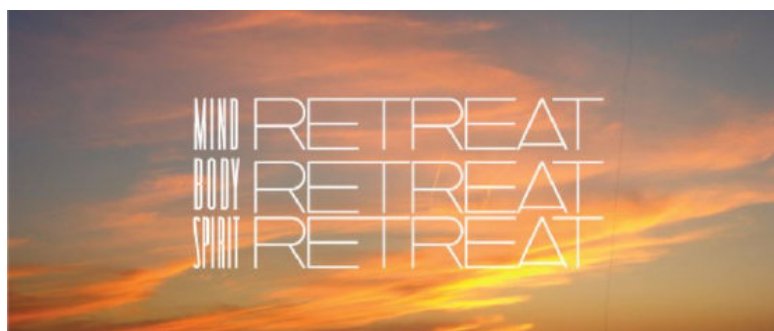
## ~ SPIRIT ~

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

**April 2016**

"The spiritual journey is not a career, but a succession of 'diminutions of self,' as Teilhard de Chardin put it. This has nothing to do with the neurosis of a low self-image. It is simply the fact that we are completely dependent on the love of God. We are always in the arms of the beloved, whatever we may feel or think."

- Fr. Thomas Keating



**MIND/BODY/SPIRIT  
RETREATS FOR YOUNG WOMEN  
OPEN MY HEART, LORD  
June 3-5, 2016**

A two-night silent retreat for young adult women, early 20's to mid-40's.

**Jesuit Spirituality Center  
Grand Coteau, Louisiana**

**Friday, June 3rd @ 5:00 PM to Sunday June 5th @ 1:00 PM**

**Contact: Yvonne Hymel [yhymel09@gmail.com](mailto:yhymel09@gmail.com)**

Registration and more information:

[www.retreatsforyoungwomen.com](http://www.retreatsforyoungwomen.com)

[www.facebook.com/retreatsforyoungwomen](https://www.facebook.com/retreatsforyoungwomen)

[www.jesuitspiritualitycenter.org](http://www.jesuitspiritualitycenter.org)

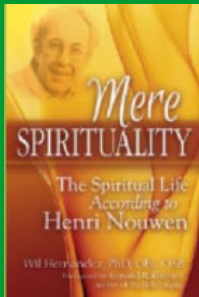


## READER'S CORNER

*Mere Spirituality: The Spiritual Life According to Henri Nouwen*

Henri Nouwen's compelling spirituality of the heart is at once simple and complex, accessible but deeply profound. For this beloved Catholic theologian, whose ecumenical writings continue to inspire Christians of all denominations and levels of involvement, spirituality is, at its most basic, simply "attention to the life of the spirit in us."

[Read more . . .](#)



## SOMETHING TO PONDER . . .

*To meditate means to go home to yourself. Then you know how to take care of the things that are happening inside you, and you know how to take care of the things that happen around you.*

- [Dish What Herb](#)



## TAKE NOTE

Webinars on Demand Available from SDI!

*The Spiritual Exercises of Saint Ignatius for Our Time*

Since the sixteenth century, *The Spiritual Exercises* of Saint Ignatius of Loyola have invited Christians to a lived experience of divine union with God, through closer relationship with Jesus. This webinar will introduce *The Spiritual Exercises* for our time and include the inspirations and insights of Pierre Teilhard de Chardin and other contemporary voices who have engaged us in the deeper mystery of God's presence and purpose . . . in our very souls and in the soul of the universe.

[Read more . . .](#)



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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.

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