

# Faith Formation

## INCARNATE WORD PARISH

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## **Adult Faith Formation**

Incarnate Word's Adult Ministry is here to provide opportunities for adults in the parish to meet regularly in a social setting and to encourage and strengthen friendships and to provide spiritual, social and service opportunities for its members

13416 Olive Blvd. Chesterfield, MO 63017 phone 314-576-5366 ext. 26 or 27



**Late Winter Early Spring  
2010**

# WEEK/MONTH OF GUIDED PRAYER

A RETREAT IN EVERYDAY LIFE

**INCARNATE WORD PARISH**

## ***WEEK OF GUIDED PRAYER***

*March 7 – 13, 2010*

- Explore different ways of praying
- Speak privately with an experienced prayer guide
- Become more aware of God's presence in your life



### ***What Is A Week (or Month) of Guided Prayer?***

These are individually directed retreats made during the course of everyday life. Retreats are offered for one week or one month duration. During *A Week of Guided Prayer*, each participant is invited to pray privately for at least 30 minutes each day, and will meet with his/her prayer guide privately for 30 minutes each day, Monday through Friday. Confidential, one-on-one meetings with prayer guides take place in the afternoon or evening, at the convenience of each participant.

During *A Month of Guided Prayer*, each participant is invited to pray privately for at least 20 minutes each day, and will meet with his/her prayer guide privately for one hour, once per week for four consecutive weeks. Confidential, one-on-one meetings with prayer guides take place in the morning, afternoon or evening, at the convenience of each participant.

Since each participant is unique (as well as each prayer guide), exactly what happens during the retreat is different for each person. During the one-on-one meetings, the

prayer guide typically is much more of a listener and companion than a teacher or sharer of wisdom. The participant brings to these sessions his/her experiences of what happened during the prayer times as well as other life events and experiences relevant to his/her relationship with God. The prayer guide listens and responds with a welcoming, non-judgmental, compassionate presence - not only to the participant, but also to God's Spirit moving in their midst.

### ***Why Make this Retreat?***

This retreat is tailored to what you desire as an individual participant. It offers the opportunity to journey for awhile with an experienced prayer guide regarding your relationship with God and to become more aware of God's presence in your life. The retreat also offers the opportunity to explore new ways of praying and an introduction to [Ignatian Spirituality](#).

### ***How Are the Retreats Run?***

The retreat begins on a Sunday, where there is prayer as a group and each participant meets his/her prayer guide (lasts about 90 minutes).

During *A Week of Guided Prayer*, each participant meets privately with his/her prayer guide each day Monday through Friday, while in *A Month of Guided Prayer*, these meetings occur once per week for four consecutive weeks.

Closing of the retreat is celebrated as a group and lasts about 90 minutes, excluding the time for liturgy, as applicable. The closings most often are held on Saturday mornings.

One may still participate in the retreat if not able to attend the gatherings on Sunday and/or Saturday.

The opening session, closing session, and all individual meetings with prayer guides take place in the hosting church's facilities.

There is no registration fee, but donations are accepted. \$50 is the suggested offering for each participant in the retreat, however any amount will be received in gratitude.

**Watch our bulletin for more upcoming information.**

**RSVP John Valenti 314-576-5366 ext. 26**  
[jvalenti@incarnate-word.org](mailto:jvalenti@incarnate-word.org)



Welcome to  
*Catholic Scripture Study*  
International

**Wednesday Morning**  
**BIBLE STUDY**

**9:30 – 11:00 AM**  
**Multipurpose Room**

**Incarnate Word Parish** is a regional location for Catholic Scripture Study (CSS). Ideal for any group looking for an inspiring Bible study that is completely faithful to the teachings of the Catholic Church.

The study commentaries are written by leading Scripture scholars and authors, and each study contains references to the *Catechism of the Catholic Church*, papal encyclicals, and writings of the early Church Fathers and the saints. Additional resources are available to study leaders and students on the CSS Program Website, including an Ask the Author forum, as well as maps, pictures, and articles.

Our full-length program includes lectures on DVD that accompany each week's lesson. Best of all, because the program and Study Leader Kit provides all the tools, one need not be an experienced catechist to implement and lead a CSS class.

**Contact: Kirsten Gerbic @ 636-537-3135**





# Christ Renews His Parish

*Would you invest a day and a half to  
become a better, happier you?*

We invite men and women who are seeking a difference in their lives, for a weekend of renewal. We will enjoy each other's fellowship, explore the Gospel and how it impacts our lives, and pray for grace. With renewed grace, we hope to impact our families and communities in a meaningful way. This is how Christ renews his parish.

## ***What is a Christ Renews His Parish Retreat?***

- It is a time to relax, pray, and rethink priorities.
- It is a time to get to know others in the parish and grow as a community.
- It is an opportunity to examine, rediscover, and /or intensify your personal relationship with Christ.
- It is a weekend of reflection and sharing of spiritual and real life issues.

## ***What a Christ Renews His Parish Retreat is not:***

- It is not a silent retreat, yet there are periods of quiet reflection and prayer.
- It is not a parish organization or clique
- It is not a solitary retreat, your participation makes the retreat a spiritual one for you and the other participants.
- You will not be required to speak in front of the group, however, your participation in the group discussion is a key to the retreat.

## ***What Happens during the retreat:***

The retreat format involves short talks given by the Christ Renews His Parish team. Some examples of the be given are Fathers Loving Care, Scripture, Spirituality, and Christian Awareness talks that will. You will be in small groups to reflect upon those talks and how they may be relevant to your life and your spiritual growth.



**Men's Retreat**  
**Women's Retreat**

**Feb. 27/28**  
**April 24/25**

Contact: Shari and Harry Dunn @ 636-537-9712  
Lisa McAleenan @636-530-4628

# Men's Ministry

## **Tuesday Evening Men's Group**

This men's ministry is devoted to fellowship and the deepening of our faith through the discipline of study and faith sharing. The group meets every other Tuesday at 7 pm and meetings typically last for about 1.5 hours in the Barron Room.

Contact: Ted Juen @ [tedjuen@us.ibm.com](mailto:tedjuen@us.ibm.com) or  
Tony Koester @  
[Tony.Koester@TheIntegraGroup.com](mailto:Tony.Koester@TheIntegraGroup.com)

## **Saturday Morning Men's Study Group**

The group meets every other Saturday at Incarnate Word

*Onward Catholic Soldier* by John LaBriola combined with *Prayer for Beginners* by Peter Kreeft

Contact: Jim Ressler @ [james.ressler@sbcglobal.net](mailto:james.ressler@sbcglobal.net) or call 314 453-9437, Ron Reuther- 636 532-6525, Rob Schultz- 314 205-8128

**2010 Conference - February 6, 2010**



**The 2010 Catholic Men's Conference will be held at the America's Center in Downtown St. Louis Missouri.**



## **Religious Education**

***FOR YOUR SPIRITUAL ENRICHMENT, ...***

### **Catechist's Day of Reflection**

***"Reflecting on the Ministry of  
Religious Education"***

- ***Proclaiming God's Word***
- ***Teaching What God Has Taught Us***
- ***Catechesis and the Divine Method***
- ***Catholic Church Missionary Activity***

**January 23, 2010  
9:30 AM – 12:30 PM**

## **Vacation Bible School June 1-4, 2010**

**VBS Planning Meeting March 22<sup>nd</sup>, 2010 at 6:30 PM in  
the school library.**