

Anglican Spiritual Practices
A Lenten Book Study at St. Catherine of Alexandria
Episcopal Church

*In Your Holy Spirit: Traditional Spiritual Practices in Today's
Christian Life*, Michelle Heyne, Ascension Press, 2011.

Thursday evenings beginning March 1st

6:00 Soup supper

6:45 – 8:00 Program

*A refresher for those familiar with practices, an
introduction for those ready to go deeper.*

A perfect Lenten opportunity to discover and nurture
practices that feed you while also trying on practices that
may challenge you and stretch you.

- Assess your spiritual life
- Learn about a system of spiritual practice, grounded in
the tradition, rather than a piece-meal or smorgasbord
approach
- Experiment with ancient and traditional practices to
serve life in a modern world
- Develop or refine your own spiritual discipline

Order your book now through the church office!

Pastoral Theology

The class is grounded in Anglicanism's traditional approach to Christian formation. There is a concern for the development of the individual Christian alongside the understanding that individual development always takes place as part of the Body of Christ.

For the individual there are the three threads:

- *Ancient practices for a contemporary life*

This isn't make-it-up-spirituality. It is rooted in what has served God's people over time.

- *Adult*

C.S. Lewis spoke of how Anglicanism was the most adult of Christian traditions.

There is a need to accept responsibility for our own spiritual life as a member of the Body of Christ.

- *Experiment*

The way ancient practice is made useful for modern life is by us experimenting with our own practice. The way we learn what "works" for us is through experimenting. The way we will be best nurtured and stretched is through experimenting.

For the parish there is a stance grounded in an understanding of how the Body of Christ becomes healthy:

- *Serve life*

The parish can serve your longing for more depth and grounding in life. The parish can offer you the training and coaching needed for a spirituality that is balanced and has integrity.

- *Work with those ready to work*

The formation of a parish is primarily done by assisting those ready to grow to do so. This is a pastoral strategy of parish revitalization that takes place over the years. Those with a more apostolic practice have an opportunity for renewal. Those ready to go deeper have a chance to test new ways. There are other legitimate formation offerings more directed at a broader group in the parish. The total parish offering recognizes both a diversity of spiritual needs and levels of growth.

- *An energy not its own*

“The Church (it was early decided) was not an organization of sinless men but of sinful, not a union of adepts but of less than neophytes, not illuminati but of those that sat in darkness. Nevertheless, it carried within it an energy not its own, and it knew what it believed about that energy.”
-Charles Williams

- *Power from the center*

- In *Pastoral Theology: A Reorientation*

Martin Thornton presented his understanding of the parish church as the Body of Christ. He noted that the parish church was “the complete Body in microcosm.” He also observed the spiritual dynamic “in which power from the center pervades the whole.” God makes use of the holiness and love of those more proficient in prayer and spiritual practice to serve the whole parish. By their life and prayer the whole Body is built up.

Shaping the Parish™

Developing a healthier, more faithful church

For more information, contact The Rev. Susan J. Latimer, Rector

slatimer@stcathtt.org