

Solid Foundations

Initiation into Spiritual Life - 2017

Solid Foundations is an introductory course to the spiritual life starting in March 2017.

Who might find the course useful?

The course is for those of us who have found our feet in starting to practise our faith (Sunday Mass, some prayer) but who now want to know "*is there something more?*" and "*how can I start to draw closer to the Lord?*".

The *Solid Foundations* course draws on the insight and practical advice of the great spiritual writers including St John of the Cross, St Teresa of Avila and St Therese of the Child Jesus to help us understand the basics we need to put in place and the part God invites us to play to deepen our relationship with Him.

What content is covered?

The course focuses on three key areas:

1. Praying with Scripture teaches us how to pray with the Bible by drawing on the tradition of the church called *Lectio Divina*. It also looks at what to expect when beginning to pray in this way and the impact on our spiritual life overall through exploring: what *Lectio Divina* is and how it supports the stages of our spiritual life; how to learn to listen to God through the daily Bible readings; practical advice on common problems; Our Lady and her place in our spiritual life.

2. How the spiritual life works looks at the guiding principles which we need to understand in order to facilitate co-operation with what God is inviting us to do including:

the need for the Theological Acts of Faith, Hope, Love; how to handle both the 'ups and downs' of the spiritual life and temptations; how to co-operate with the Grace of God; how to understand the role of Christ and of the Holy Spirit in spiritual life.

3. Praying with the Heart helps us find our bearings with contemplative prayer and encourages us to draw closer to the Lord in a very real way through: practical advice on how to 'connect' with Jesus with the support of graphic illustrations; practice in praying 'heart to heart' with Jesus; learning how Mary, the Mother of God, is our closest and best ally to reach her Son; learning what deep contemplation is and the discernment linked to it; understanding passive distractions and learning how we can pray despite their presence.

As with all School of Mary courses, the Patroness of the Course is Our Lady, the Mother of Jesus. The content of the course has received the approval and blessing of H.E. Peter Smith, Archbishop of Southwark.

Where and when does the course take place?

The course will take place at St Mary of the Angels, Moorhouse Road, Bayswater, London, W2 5DJ.

Note: The course has been broken into three sections so that those wanting to complete the full course in one year can do so, but equally those who can only do a more limited number of Saturdays (or who have previously completed some of the course) can choose to do just one or two of the sections now and the rest at a future point. The provisional dates are as follows:

• Solid Foundations – Praying with Scripture will run on 18th, 25th March and 1st April 2017

• Solid Foundations – How the spiritual life works takes place on the 20th and 27th May 2017

• Solid Foundations – Praying with the Heart will happen on the 10th, 17th and 24th of June 2017

Who will the course be taught by?

The course will be taught by Jean Khoury, a full-time theologian whose long-standing speciality has been Spiritual Life in the Church. A world-wide lecturer on the subject, Jean has also published material on spiritual life and is the founder of the School of Mary, a 3 level formation in spiritual life (www.amorvincit.com). The School of Mary constitutes his sole source of income. Having obtained degrees in Philosophy, Theology and Spiritual Theology, Jean is currently completing his PhD in Spiritual Theology at the Angelicum (Rome) with Monsignor François-Marie Léthel.

How much will the course cost?

The cost for the course is £25 per day / £200 for the full course. As the venue has limited capacity and we expect demand to be very high, participants will need to register and pay a deposit of £75 in advance with any remaining balance to be paid on 11th March 2017, or a £25 deposit for individual units, the remainder to be paid on the first day of the specific course.

Refreshments will be provided.
Please bring a packed lunch.

BOOKING FORM

Solid Foundations
London 2017

Name

Address

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Phone

Email

Please confirm amount paid and method of payment.

Deposit Paid:

Full Amount:

Method of Payment:

- Cheque
- Bank Transfer

Date/...../.....

Signature



How do I sign up for the course?

Participants will need to register to attend the course and pay a £75 deposit.

In order to register, please **either**:

- Email schoolofmarylondon@gmail.com with your name and contact details and we will be in touch with details of how to pay the deposit by bank transfer **OR**
- Complete the booking form overleaf and send it along with a cheque for £75 payable to *Jean Khoury* to

School of Mary,
6, Carlton Mansions,
14, Holland park Gardens,
London W14 8DW.



If you have any questions, please do email us on schoolofmarylondon@gmail.com or phone Francesca at: 07527 907642 and we will be happy to respond.

For more on the School of Mary, please see:

www.amorvincit.com

- Jean Khoury, *Lectio Divina, Spiritual Reading of the Bible*, CTS London, 2006.
- Jean Khoury, *Praying with the Heart, the little way to Jesus*, Angelico Press, 2015.
- Jean Khoury, *The Foundations of Spiritual Life according to St Teresa of Avila*, (Paperback on Amazon) *AmorVincit*, 2017.

The School of Mary (London) presents:



Solid Foundations: Initiation into Spiritual Life

London

March – June 2017

St Mary of the Angels Catholic Church
Bayswater