

LENTEN FAITH FORMATION SERIES

The Cathedral is a place of spiritual inquiry and exploration. As Jesus experienced a time of heightened spiritual awareness and cleansing during his forty day retreat into the desert, we set apart the forty days during the season of Lent as a time for self-examination and repentance as we prepare for Easter.

“Every Lent we face up to the struggle of acknowledging who we really are. We continue the battle with the principalities and power in our lives and histories that prevent us—not entirely against our will—from actualizing our true identity . . . The stories told during Lent help us to face up to our temptations and every present threat of evil. They help us to face up to the ways in which we need to die and the narrow gate through which we need to pass. They help us to face up to our blurred visions, misplaced loyalties, and wrongful desires. They help us face up to our blindness and the healing and nourishment we need. And they help us face up to the ways in which we are bound and trapped.”

-- from *A Pilgrim People*, John H. Westerhoff, III

Spiritual autobiography, the telling of our stories, is a formal way of reflecting upon our relationship with God. We look for the presence of God and God’s leading by examining the events of our lives, important relationships, joys, and sorrows. In this process of self-discovery, we find clarification about who we are and to whom we belong. We seek the prayerful self-awareness that leads to repentance and change and brings us closer to God. Is this naval gazing? Quite the opposite, it is a way of living our lives that is more attune to what God would have us do, and what Jesus has shown us to do, which is to love and serve, freely and unconditionally, without the hope of return or reward for ourselves.

Following the Light and Shadow Within: Exploring Spiritual Autobiographies

Sundays, March 10, March 17 (2 parts)

11:30 am – 1:00 pm

Liem Azar Cathedral Center

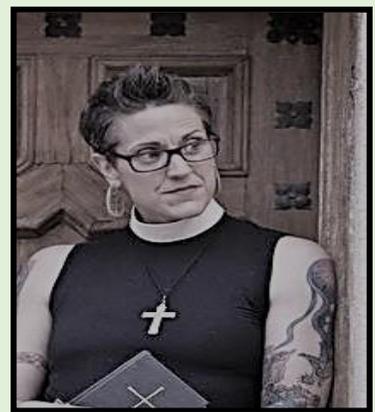
Join us for two consecutive Sundays as we study excerpts from a wide range of spiritual autobiographies, including those written by *Karen Armstrong, Augustine, Nadia Bolz-Weber, Dorothy Day, Ann Lamott, Thomas Merton, Bryan Stephenson and our own Joy Miller*. What are their common concerns and themes? How do they diverge? What can they teach us?



Karen Armstrong



Augustine



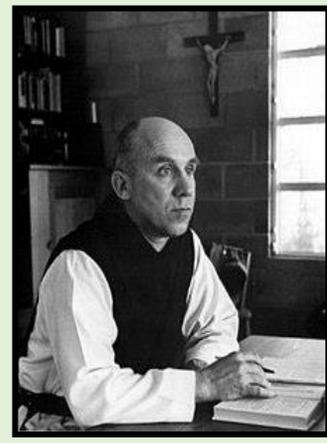
Nadia Bolz-Weber



Dorothy Day



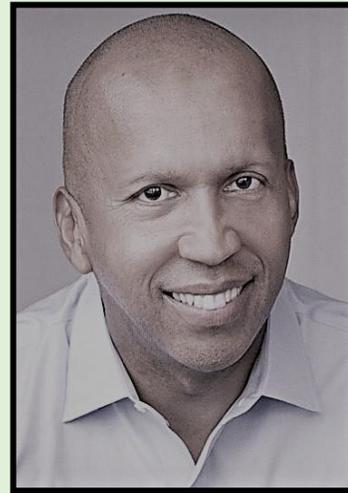
Ann Lamott



Thomas Merton



Joy Miller



Bryan Stevenson



**Discerning the Light and Shadow Within:
Writing Our Own Spiritual Autobiographies**

Saturday, March 23

10:00 am – 3:00 pm *(Light lunch provided)*

Liem Azar Cathedral Center

“The very act of story telling, of arranging memory and invention according to the structure of the narrative, is by definition holy . . . We tell stories because we can’t help it. We tell stories because we love to entertain and hope to edify. We tell stories because they fill the silence death imposes. We tell stories because they save us.”

-James Carroll, author of *Constantine’s Cross*

What is the story of your life as told by you? How has the narrative changed from an earlier version? How is God present in all of it? Join us for a day of reflection, prayer, writing, drawing, and play as we each consider these questions and develop the core elements of a spiritual autobiography.