

INVITATION

Dear teacher of young people,

You are invited to participate in the course, *Spiritual Formation for Educators of the Young*.

It is a personal, meditative and prayerful journey, of one hour of priority time a week for 16 weeks.

This course is based on an integrated set of Meditations written by St. De La Salle, titled *Meditations for the Time of Retreat* (MTR).

St. De La Salle is Patron saint of educators of the young.

We are confident you will find these exercises in meditation, instructive, enlightening and enriching.

Ways of Journeying

You are strongly encouraged to join with others in making the journey of the Meditations.

By choosing to meet as a group you make the Meditations together. At the end of each meditation period you have opportunity to share your experience with others in the group.

Or, you may make the Meditations as individuals, and then come together regularly for sharing.

The journey can be made as an individual without reference to a group.

The communal dimension of the journey has been found to be very beneficial. It is highly recommended.

Facilitators

A group chooses from among the members a sufficiently skilled person as its facilitator.

The role includes organising meeting times and completing short written evaluations of meetings.

Spiritual guidance

A participant writes a Response to their experience of a meditation hour. Written Responses, ideally two at a time, are forwarded directly to a spiritual guide from **Catholic Meditations for Educators of the Young** for perusal and comment. The guide is appointed to accompany the participant throughout the journey

Personal dispositions

The attitude needed for the meditative journey is one of desire:

- the desire to be open and cooperative with God's grace
- the desire to discover/deepen your personal relationship with Jesus Christ
- the desire to learn increasingly how to notice God and how to relate to God in the "nitty-gritty" of daily life.

Acceptance of Invitation

If you accept invitation to participate in the course/journey, download and complete the Application form and send it to **Catholic Meditations for Educators of the Young** by email or post in order to arrive by the end of March.

- The team at **Catholic Meditations for Educators of the Young**