

Being Sustained in All Things: *Learning from Thomas Merton*



Painting by Randall Browning. Used with permission of the Thomas Merton Center at Bellarmine University

Our challenge today is how to live deeply from a place of love and joy, yet face and respond to division and rapid change.

In this six-week series, we will use the podcasts from Season 1 of “Turning to the Mystics: Thomas Merton” (free from cac.org/podcast/turning-to-the-mystics) to deepen our relationship with God. Featuring clinical psychologist and student of Thomas Merton, Dr. James Finley, these reflections on Merton invite us to a deepening sense of quiet in the midst of the joys and difficulties of our lives. It is here that we begin to access being lovingly sustained and led by our loving God.

Participants are asked to spend a half-hour a day listening to part of a podcast, reflecting on it, briefly journaling, sitting in silence with it and being prepared to share their thoughts in Zoom meetings.

**Mondays, 6:30–7:45 PM (EST)
via Zoom***

Jan. 15, 22, 29 | Feb. 5, 12, 19, 2024

Fee: \$60, due at registration.

Fee is non-refundable, non-transferable.

**Register at manresa-sj.org/011524-merton or
phone 248.644.4933 Ext. 0.**

*Zoom instructions will be emailed to registered participants prior to each session.



Facilitator:

Rosemary Insley is a retired chaplain and bereavement counselor with Master’s degrees in Pastoral Studies and Social Work. As a spiritual companion, she guides others in the Spiritual Exercises and in retreats.