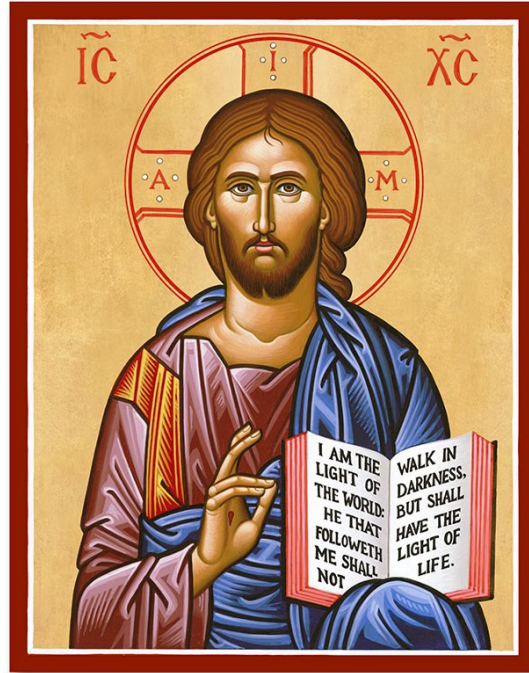


Spiritual Talks

Learning the Gospel Program for Waking Up



Stressed out? Anxious about the divisions, violence, and COVID in our country? Afraid of dying? There is so much confusion, stress, and pain. We have no idea what to do with it. Unless we allow God to transform our pain, we will definitely transmit our pain. Still, joy is never far from us. Joy lies within us for the taking, literally for the enjoying.

You can be happy, awake, and fully alive – *Right Here, Right Now.*

In this series of teachings and discussions on Catholic spirituality, led by L.J. Milone, the Director of Faith Formation, we will delve into Jesus' way, his program, for waking up to the divine oneness we already possess. Through teachings and spiritual exercises, we will light the fire of divine awakening in our souls.

Sunday mornings, starting March 6 9:30am-10:45am, on Zoom

Link: <https://zoom.us/j/91426731722?pwd=K2ZtdUkzdVU4YitHZ09Teml0SjIwZz09>

Meeting ID: 914 2673 1722

Passcode: 494299

For more information, email L.J. Milone: ljmilone@stmatthewscathedral.org