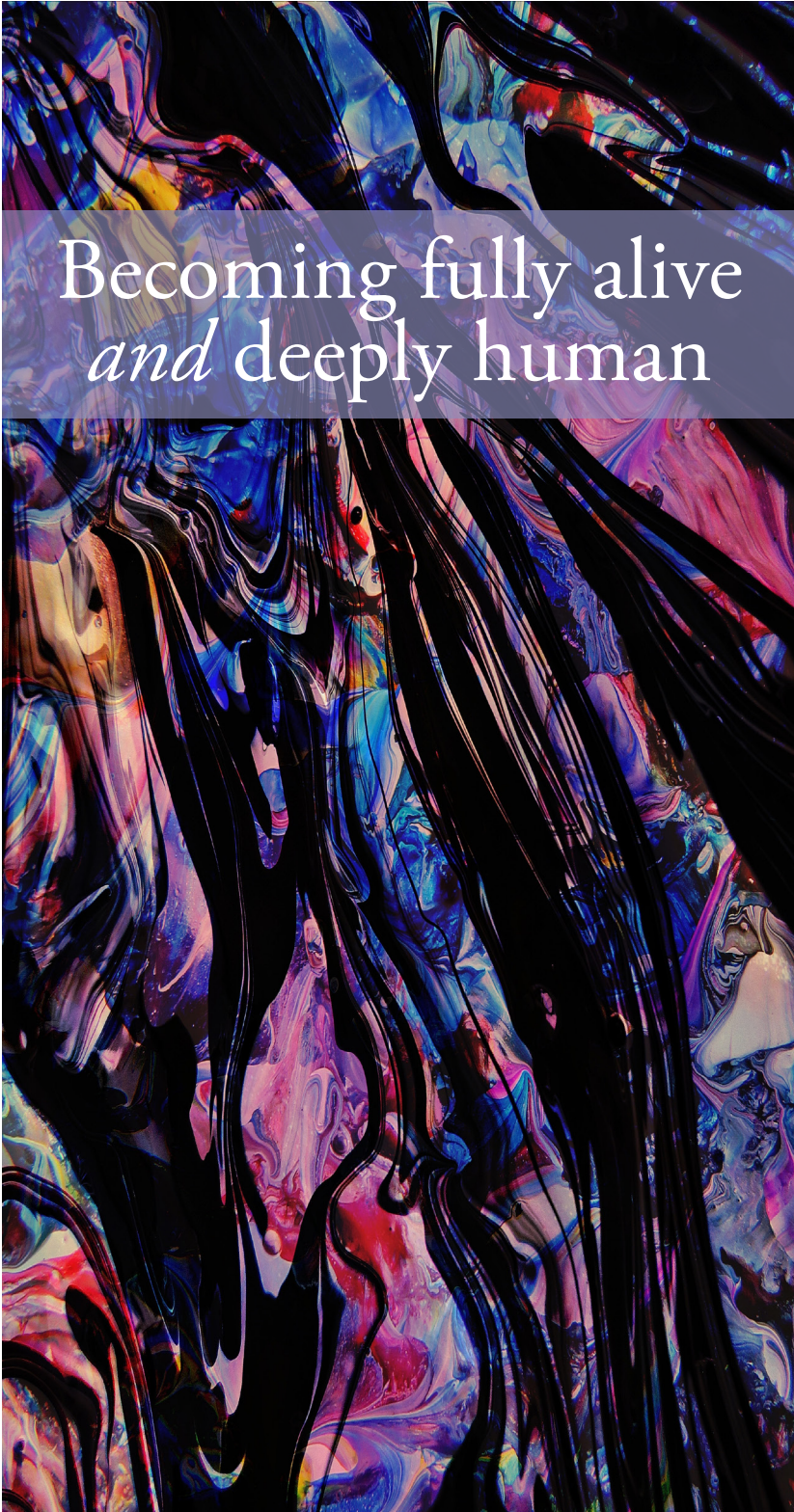


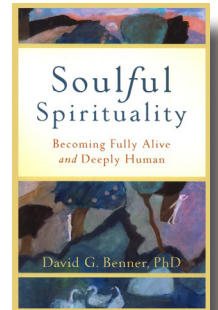
# BOOK STUDY: Soulful Spirituality



Becoming fully alive  
*and* deeply human

Spirituality has an indispensable role in the expression of our humanity. However, spiritual practices can sometimes make us less authentically human. How can we grow in our spiritual journey so that we become fully alive and deeply human?

David Benner presents a psychologically informed understanding of spirituality, examining the difference between a deep and shallow religious experience and healthy and unhealthy relationships with God. This book will appeal to those seeking depth and substance in their quest for authentic spirituality.



*Before our first meeting, please read Part One, Chapters 1 and 2, and jot notes for the following reflection items: Chapter 1, #4 and Chapter 2, #4. Then read Part Three, Chapter 8 and practice the four exercises.*

**Mondays, 6:30–8:00 PM (EST)  
via Zoom\***

**Sept. 11, 25 | Oct. 9, 23 | Nov. 6, 2023**

**Fee: \$60, due at registration.**

Fee is non-refundable, non-transferable.

**Register at [manresa-sj.org/091123-soulful](https://manresa-sj.org/091123-soulful) 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.