

Learning from the Mystics: Teresa of Avila

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

**Sept. 9, 16, 23, 30 | Oct. 7, 14, 21
2024**

In St. Teresa of Avila's spiritual classic, *The Interior Castle*, she leads us along the seven stages of soul development, offering profound and inspiring reflections on such subjects as self-knowledge, humility, detachment and suffering.

In this seven-week series, we will listen to and discuss Dr. James Finley's reflections on St. Teresa's *Castle*. A clinical psychologist, author and modern mystic, Finley invites us to be drawn into deeper communion with God.

We will use the podcasts from Season 2 of "Turning to the Mystics" (free from cac.org/podcast/turning-to-the-mystics).

Participants are asked to spend 30-40 minutes a day listening to part of a podcast, reflecting on it, briefly journaling and sitting in silence with it. Before the first session please listen to the sessions "Turning to Teresa of Avila" and the bonus session "The Life and Work of Teresa."



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.



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Fee: \$60 due at registration. Fee is non-refundable, non-transferable.

Register at manresa-sj.org/090924-teresa or phone 248.644.4933 Ext. 0.

*Zoom instructions will be emailed to registered participants prior to each session. For any technical issues, email Rosemary at rinsley@aol.com.