

Praying with Teresa of Avila

With Lynne Moldenhauer, IHM, and Julie Vieira, IHM



Join us online for a refreshing time of prayer and quiet with the beloved mystic, Teresa of Avila. In each session we will focus on a theme from Teresa's wisdom and explore prayerfully how it applies in our own lives.

- **Sept. 30:** "God Alone Is Enough." With Teresa, we set our hearts squarely on who God is and how we are called into union with God right now in our life.
- **Oct. 7:** "I am Jesus of Teresa." Teresa had a true friendship and affection for Jesus and shows us how to encounter Jesus lightly and delightfully.
- **Oct. 14:** "The pots and pans." Teresa had profound mystical moments but also very ordinary ways of experiencing God. She shares with us very practical ways to be aware of God's presence and movement in our lives.

Lynne Moldenhauer, IHM, serves as the coordinator for the Maxis IHM Spirituality Center in Riverview, Mich. She is degreed in religious studies and psychology from Marygrove College in Detroit and is certified in retreat direction by the Shalem Institute. Her areas of interest are prayer, spirituality and retreat direction. She is particularly interested in the work of Thomas Berry and Louis Savory.

Julie Vieira, IHM, MA, is a writer, presenter, and spiritual guide. She holds a Master of Arts degree in theology from St. Michael's College at the University of Toronto. She is the director of IHM Spirituality Ministries and is particularly attentive to living the darkness and light — the poetry and rough prose — of everyday life with mindfulness and passion.

Registration Deadline: Sept. 20

Suggested Offering: \$10 per session or \$25 for all three sessions

To register, call **734-250-8314**
or email maxiscenter@ihmsisters.org.

**Wednesdays,
6:30–8 p.m. (EDT)
Sept. 30–Oct. 14, 2020**

