

Spirit Seekers & St. Lucy Parish, Campbell presents:



JESUS PRAYER & THE 12 STEPS FOR SPIRITUAL HEALTH

A series to grow in mindfulness, freedom from unhealthy habits, and connection with God through the "Jesus Prayer" and the 12 steps for spiritual health. Presented by Fr. Kevin Joyce

When: Sundays: January 28, February 25,
March 25, April 29, & May 20

Time: 3:00 - 5:00 PM

Where: St Lucy Parish Activity Center (PAC)

No Cost. No Registration Required.



Fr. Kevin Joyce, priest of the Diocese of San Jose, ordained a priest in 1980. In 1992 Fr. Kevin completed a doctorate in spirituality at the Catholic University of America in Washington, D.C. Upon return to San Jose, Fr. Kevin served as pastor of St. Maria Goretti Parish in San Jose and St. Lucy Parish in Campbell. He also founded and directed SpiritSite, a Catholic Spirituality Center. Fr. Kevin presently serves at Our Lady of Guadalupe Parish in San Jose.

PROGRAM SERIES AGENDA:

First Session, January 28: Instruction in the “Jesus Prayer”

The Jesus Prayer is an ancient method of Christian meditation that helps us deepen our relationship with God and release stress and tension.

Second Session, February 25: The “12-Step Program,” Steps One -Three

The “12-step program” is a proven process for recovery from unhealthy habits, attitudes, obsessions, relationships, and moods that prevent us from becoming the “best version of ourselves” (Matthew Kelly’s definition of holiness). Fr. Kevin will introduce the program and show how by putting it into practice we can overcome the various vices in our lives, step by step with intentionality.

Step One: We admitted we were powerless over the effects of our separation from God—that our lives had become unmanageable.

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him

Third Session, March 25: Steps Four- Five

Step Four: Made a searching and fearless moral inventory of ourselves.

Step Five: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Fourth Session, April 29 Steps Six – Nine

Step Six: Were entirely ready to have God remove all these defects of character.

Step Seven: Humbly asked Him to remove our shortcomings.

Step Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Fifth Session, May 20: Steps Ten – Twelve

Step Ten: Continued to take personal inventory, and when we were wrong, promptly admitted it.

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

