



Just FAITH Engaging SPIRITUALITY

IN PURSUIT OF AN UNDIVIDED LIFE



Engaging Spirituality invites faithful adults to break open their lives, penetrate the realities of our times, and explore the intersection between Christian spirituality and Gospel justice. Participants focus on the practical challenges of following Jesus, engaging contemplation while immersing themselves in the heart of our fragmented world.

Engaging Spirituality
includes these unique dimensions:

It is an accessible, practical, and communal process.

It introduces seekers to a breadth of contemporary and ancient wisdom.

It invites people to engage current social realities from their hearts.

Rooted in the Catholic experience, it promotes a “grounded spirituality” for living the Gospel in these times.

All around this blessed-broken world there is a great hunger for **Justice**.

In these complex and troubling times there is a deep thirst for **Wisdom**.

And everywhere people are looking for **Integrity**.

By Engaging Spirituality we seek to be rooted in love, grounded in justice, and find our bearings in order to follow Jesus with integrity today.

Just FAITH Ministries is a national organization that develops small-group, “trans-formational” processes, designed to ignite the Gospel imagination of faithful people and inspire them to respond to injustice with compassion.



Bearing the Burden of Integrity

In addition to spiritual reading, dialogue and immersion experiences, Engaging Spirituality groups will have access to the grounded wisdom of 24 contemporary spiritual pathfinders. Each week groups reflect on a letter from a spiritual teacher, contemplative or activist. These contributions, commissioned specifically for Engaging Spirituality, are called BEARINGS, since the authors bear witness to their personal, practical struggle to live an authentic Christian life amid the complexities of our world.

While many in our world are starved of adequate nourishment, respect and human dignity, we all hunger for a deep and meaningful life. Spirituality is an

expression of our desire to be whole, at one with God, connected to life. This longing for integrity and communion motivates us to dedicate our lives to restoration, justice and peace.

Though spirituality describes the quality of our lives and the hunger within, it is not a private matter. Our public lives mirror our spirituality, reflecting what lies deep inside. Spirituality shapes our lives and informs our relationships.

*That Christ may dwell in your hearts...
as you are being rooted and grounded
in love... so that you may be filled
with the utter fullness of God.
- Ephesians 3: 16-19*

A Small-Group Process for Engaging Spirituality



Small-group focused	8-12 individuals
Grassroots-led	co-facilitated by 2 trained participants
An extended commitment	21 weekly (2½ hr) sessions
Multi-dimensional	2 retreats, 2 immersion experiences, journal-keeping, prayerful dialogue, spiritual reading
Resource-full	8 texts, 4 video presentations, exposure to applied wisdom from contemporary teachers
An integrated process	spiritual practices, lifestyle challenges and outreach ministry

Is not one of our problems today that we have separated ourselves from the poor and the wounded and the suffering... and have lost the yearning for God that comes when we are faced with the sufferings of people... - Jean Vanier

Trainning workshops for co-facilitators will be offered in a select number of locations around the country. For more information on training, contact info@justfaith.org.

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