

LAY SPIRITS

THE LAY SPIRITUALITY PROGRAM
OF THE CHURCH OF ST. FRANCIS XAVIER

The Lay Spirituality Program invites you to explore your spirituality through Christianity's most dynamic traditions.

Consider becoming part of a spiritual formation group founded in 1983 at the Church of St. Francis Xavier.

Mission Statement:

Lay Spirits is a community of New York area laypeople striving for renewal and deeper conversion in the lives of its members through the profound spiritual resources of the Catholic tradition.

Inspired by Vatican II's Decree on the Apostolate of the Laity, we gather together regularly in the hope that, by opening ourselves to each other, we are better able to open ourselves to God. Traveling this journey of faith, we try to reach out to other seekers along the way.

Through open-minded discussion, through sharing our interior selves, through exploring scripture and personal and group prayer, we attempt to balance the challenges of the inner life in a complex city, and to bring healing to ourselves, our church, and our world.

LAY SPIRITS


THE LAY SPIRITUALITY PROGRAM
OF THE CHURCH OF ST. FRANCIS XAVIER

55 West 15th Street, New York, NY 10011



What is Lay Spirituality?

The answer lies within



“Lay Sprits helped me to engage in my relationship with God in new and profound ways”

—Eileen Blanco, Group 24

What can I expect from Lay Sprits?

Stimulation. Provocation. Illumination.

For nine months, your formation group will explore topics relating to prayer, self, community, work, and church.

You will be part of an authentic Christian community informed by the gospel message. You can expect a journey that will deepen your experience of faith through prayer, introspection, and sharing within your group.

Trained facilitators will lead the group of 10 to 15 people. Invited speakers will share their insights into different spiritual practices and themes. You will be an active participant in group sharing, exercise, and prayer. You will

be assigned your own spiritual director, to help further explore your unique spiritual experience. You will come to know yourself and God better, in community.

What is required for joining?

Group members are Christian, usually Catholic. Program content is rooted in Christian theology. We require an open mind, a genuine desire for spiritual growth, and a willingness to investigate new—and some very old—ideas.

What kind of people will I meet?

All kinds. People of any profession, background, age, or address. People who want to bring a prayer perspective to everyday life. People who want to broaden their experience of church. People who want a relationship with God.

“My journey with Lay Sprits was homecoming.” —Joe Pecorella, Group 9

How much time will it take?

Your group will meet one evening a week, with the possibility of some weekend morning sessions. The program includes a weekend retreat in the winter and a week-long directed retreat in June. We will meet either in person or via Zoom depending on COVID-19 conditions.

“I saw a whole new side of myself.”

—Nancy Fava, Group 16

What will it cost?

Participation in the Lay Spirituality Program costs \$1,500 payable in installments over the 9-month period. This fee covers the expenses for:

- Guest speakers
- Facilitator stipends
- Two retreats, including room and board
- Individual Spiritual Director

Payment plans and scholarships are available

How do I find out more?

Email us at LaySpiritsX@gmail.com or visit www.sfxavier.org/faith-formation/#lay-spirits

“Though the program has ended, daily I recognize God and the Holy Spirit working through each of us in the here and now ”

—Catherine Wolfe, Group 24

LAY SPIRITS
THE LAY SPIRITUALITY PROGRAM
OF THE CHURCH OF ST. FRANCIS XAVIER