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The One Thing Necessary

Title: The One Thing Necessary

What it is: 24-week course, conducted one evening per week throughout the year, presented by Fr. Armando Marsal.
A Series of Classes constructed according the Spiritual Exercises of Ignatius of Loyola in the light of other spiritualities as Dominican, Carmelite and Ignatius.

Description: Invited and challenged by St. John Paul II words I Jubilee year:
"Now we must look ahead, we must *"put out into the deep"*, trusting in Christ's words: *Duc in altum!*.
"It is important however that what we propose, with the help of God, should be profoundly rooted in *contemplation and prayer*. Ours is a time of continual movement which often leads to restlessness, with the risk of *"doing for the sake of doing"*. We must resist this temptation by trying *"to be"* before trying *"to do"*. In this regard we should recall how Jesus reproved Martha: "You are anxious and troubled about many things; one thing is needful" (*Lk 10:41-42*)
Our witness, however, would be hopelessly inadequate if we ourselves had not first *contemplated his face*.

When: Wednesdays, Beginning September 18th, 7:00-8:30pm

Among the things you will learn:

- ③ Rediscover the desire for the infinite
- ③ How to live from Him, through Him and for Him Rom 11:39
- ③ How get rid of disordered attachments
- ③ How to face difficult situations in life even death
- What it means to be meek and humble
- How to be healed of negative emotions
- How to make choice of a way of life

Pre-requisites for Attendees:

1. Personal commitment to have 15-30 minutes of 'relational prayer' each day.
2. Personal commitment to attend all classes. (Classes are in three, 8-week segments. Commitment is for 8 weeks at a time.)
3. Trusting openness for the wisdom and teachings of the Church to light the way
4. Commitment to use the Sacrament of Confession more than once a year.
5. Desire to engage your God-given mission according to your life's circumstances.

Presenter: Rev. Armando Marsal, D.C.J.M.. Parochial Vicar, St. Mary (Littleton)
Born in Spain, Madrid, February 24th 1957, the third of 10 siblings. Studied in school run by Jesuits until he went to the University to study Mining Engineering. From the age of 12 he lost his faith; In his own words; "I had a total lack of prayer and relationship with God". When I was 25 years old, I had a very strong conversion. Since that experience I wanted to find God and to do His will; I ended up in the religious group of the Disciples of the Hearts of Jesus and Mary DCJM and I became a priest at the age of 36. I have been priest in United States for 11 years, 4 years in North Virginia and 7 in Colorado. These last three years I have been assigned to St Mary Littleton. All these years working with Marriage and Family life. I taught in Spain several classes in seminary and theological faculties for lay people: Anthropology, Mariology, Moral Theology. I also have given several retreats in US and around the world to the Missionaries of Charity of Mother Teresa, and in the last few years I have given several silent retreats to English and Spanish lay people and religious communities in Denver."

Purpose: *Liturgical catechesis aims to initiate people into the mystery of Christ (It is "mystagogy.") by proceeding from the visible to the invisible, from the sign to the thing signified, from the "sacraments" to the "mysteries." Such catechesis is to be presented by local and regional catechisms. This Catechism, which aims to serve the whole Church in all the diversity of her rites and cultures,¹⁵ will present what is fundamental and common to the whole Church in the liturgy as mystery and as celebration (Section One), and then the seven sacraments and the sacramentals (CCC 1075)*

In class we will respond to St. John Paul II and we will "put out into the deep", deep into silence, the silence which does not seek the escape from the noise, but silence in which we meet Christ.

Cost: In Ipso desires that all who want to experience deeper communion with our Lord be able to do so without burden. In Ipso also needs financial support from those who can afford it, to help spread this ministry.

Tuition:

The standard tuition for the academic year is as shown below

- \$160/ 8 Week Class/Person
- \$280/ 8 Week Class/Couple

- *Through a generous donation of an anonymous donor and the pastors' contributions **scholarships are available** for those who may not be able to afford full tuition. Please contact Peter at 720-934-1353 for more information.*
- Charitable contribution will be collected at end of speaking series and the amount will be left on personal discretion. Contribution will be use as scholarship for parishes and individuals less fortunate.

Course Overview:

- 01 MEDITATION FOR MAKING THE PRINCIPLE AND FOUNDATION HIS LOVE FOR ME
- 02 MY OPENESS TO REALITY GOD FATHER CREATOR ALMIGHTY
- 03 WE ARE CREATED FOR THE UNION WITH GOD
- 04 PROVIDENCE THE TRUE AND LIVING GOD
- 05 LIVING FROM MERCY
- 06 HATING MY SINS AND SINFUL BEHAVIORS
- 07 BRINGING MY LIFE TO THE MERCY OF MY FATHER
- 08 FACING DEATH FOR LIVING BEFORE GOD
- 09 THE CALL OF JESUS TO FOLLOW HIM
- 10 THE INCARNATION
- 11 TWO STANDARDS
- 12 TEMPTATIONS OF JESUS
- 13 THREE CLASSES OF MEN
- 14 THE BEATITUDES
- 15 THREE KINDS OF HUMILITY
- 16 Hidden Life of Christ
- 17 THE WORDS OF INTIMACY
- 18 THE EUCHARIST THE PERMANENT GIFT OF LOVE OF A HUMBLE AND HIDDEN GOD
- 19 GETHSEMANE PRAYER OF JESUS
- 20 GOD's HUMILITY
- 21 Take up your Cross
- 22 THE OBEDIENCE - THE CONFORMITY TO THE WILL OF GOD
- 23 THE SEVEN LAST WORDS OF JESUS ON THE CROSS
- 24 PIERCED HEART, I thirst