



www.vitainipso.org

God Within

An Introduction to the Spiritual Life

- Title:** Discovering God Within Us
- Sub Title:** An Introduction to the Interior Life
- What it is:** 8-12-week course, conducted one evening per week, presented by the founder of In Ipso, Peter Stur
- Description:** The "God Within" series is an introduction to authentic Catholic spirituality. Explained in language common to every Catholic who desires the freedom to follow Christ wherever he leads them, this course is offered in conjunction with programs offered for the spiritual formation of seminarians in dioceses around United States. Drawing from the wisdom of great theologians of the last century, including Fr. Reginald Garrigou-Lagrangé OP, Fr. John Arinterro OP and Fr. Jordan Aumann OP. Together, they provide a wonderful summary of the spirituality of the Saints and doctors of the holy Mother Catholic Church that includes St. Catherine of Siena, St. Thomas Aquinas, St. Teresa of Avila, St. John of the Cross and St. Ignatius of Loyola.
- When:** **Typically it begins during Lent as a Lenten Mission yet in respond to urgent need of time we live in we are open to offer these classes anytime of the year.**
Usually 7:00pm - 8:30pm.
- Among the things you will learn:**
- ③ The ultimate goal of every human being
 - ③ The "Map to Eternal Life"
 - ③ True meaning of *authentic* spirituality
 - ③ Seven theological presuppositions to the interior life
 - Living in your head vs. living in your heart
 - Lessons learned from the lives of the Saints
 - The *one thing* necessary of which Christ spoke
 - The true meaning of worship

Pre-requisites for Attendees: None. Any person who desires to know God and themselves in a totally new and rich way, through gaining an appreciation for deeper and more relational prayer, are welcome to attend.

Presenter: Peter Stur obtained his Bachelor's degree from a Technical College in former Czechoslovakia where as a young man he was eager to fight communism. After getting married and having their first child, he decided to leave the country and seek freedom in West Germany instead, where for first time in his life he had the opportunity to read Sacred Scripture. Subsequently, he fell in love with Our Lord and underwent a deep conversion. In 1991 Peter finally arrived in Denver, Colorado. Using the degree he earned in Czechoslovakia, he soon opened a high-end custom cabinetry business where he won a number of awards including Kitchen of the Year in 2007 according to Colorado Homes and Lifestyles Magazine. As Peter's love for God and the Church grew, he used his passion to become an avid public speaker and enrolled at the Lanteri Center for Ignatian Spirituality where he graduated in 2007 as a certified Spiritual Director, and in 2010 as a Director of Spiritual Exercises of St. Ignatius of Loyola. Peter is also certified as a Supervisor of Spiritual Directors and offers the Discernment of Charisms guidance as well. Peter Stur is the founder of In Ipso ministry. He conducts parish missions, public speaking programs and directs silent retreats.

Purpose: *"The heart is the dwelling-place where I am, where I live; according to the Semitic or Biblical expression, the heart is the place "to which I withdraw." The heart is our hidden center, beyond the grasp of our reason and of others; only the Spirit of God can fathom the human heart and know it fully. The heart is the place of decision, deeper than our psychic drives. It is the place of truth, where we choose life or death. It is the place of encounter, because as image of God we live in relation: it is the place of covenant."* (CCC 2563)

In this course we will explore the challenging journey from the head to the heart using passages from the Bible, the Catechism of the Catholic Church and the lives of the saints. We will learn how to use this wisdom and apply it to our daily lives. By properly positioning ourselves, surrendering to Christ to redeem our fears, shame, guilt, failures and shortcomings, we learn to receive the gifts God extends to us through contemplative prayer and knowing our own identity as we will follow the paths of the saints who came before us. These gifts will enable us, as Catholics, to literally change the world through, with, and in, our Lord Jesus Christ.

Tuition:

- *The standard tuition for the academic year is as shown below.*
- ***A scholarship may be available** for those who may not be able to afford full tuition.*
- *Please fill the scholarship application on our website or contact Peter at 720-934-1353 for more information.*
- \$20/Class/Person
- \$240/12 Week Class
- \$360/12 Week/Couple
- 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:

Class 1:	In God We Trust or Do We?
Class 2:	That all may-be-knowing God
Class 3:	The "Map to Eternal Life"
Class 4:	Seven Theological Presuppositions
Class 5:	What is an Authentic Spirituality
Class 6:	Three Stages of Spiritual Awareness
Class 7:	From the Head to the Heart – Spirituality or Psychology?
Class 8:	The Great Exchange
Class 9:	Forgotten Virtues
Class 10:	The One Thing Necessary as told by Christ
Class 11:	The Spiritual Battlefield
Class 12:	The Source and Summit of Life

For more information, visit: www.in-ipsa.org

Testimonials:

"... the wisdom of the church, its saints, its scriptures, in regard to prayer, was relayed in a simple, straightforward and compelling manner." – Kate

*"...a more profound appreciation and gratitude for the Holy Mass, Eucharist and Confession. We were stunned once again by God's outrageous love." -
- Richard and Mary*

"...the 'scales fell from my eyes' " – Anthony

"I have a boldness and zeal I didn't have before." - Anne Marie

"I found your retreat message amazingly powerful...just what I needed to set a new higher standard (the line) on my spiritual journey." - Joseph

"... Now I feel rested, at peace and happy." - Jaime