

## Holy Cross Parish: Adult Faith & Spiritual Formation Programs

Sr. Ruthann O'Mara, SSJ – Director of Adult Faith & Spiritual Formation  
Spirit Alive!

### Young Adults: “Light on the Journey”

Dates: Monday: February 28<sup>th</sup>    Time: 8 PM – 9 PM    Zoom

Do you want to be with others on the spiritual journey? Take this time to nourish and strengthen your spirit through the word of God and sharing with others! There is power and light in the group! Young adults in their 20s and 30s meet on To register or for information- Contact: John Polanin at [john.polanin@gmail.com](mailto:john.polanin@gmail.com)

### Spiritual Reading: Lenten Mondays

Dates: March 7, 14, 21, and 28; April 4    Time: 11 AM

The Bread of God, by Anthony Kelly, CSSR, Nurturing a Eucharistic Imagination“ This book is designed to deepen our experience of the Eucharist, beginning with the central thought of Saint Irenaeus of Lyons that, ‘Our way of thinking is attuned to the Eucharist; and the Eucharist, in turn, confirms our way of thinking’. The Bread of God reflects on the reality of our Eucharistic experience. Join this online spiritual reading group to deepen your awareness and experience of Eucharist this Lenten Season. Zoom or Phone in    Facilitator: Bruce Giermann

### Adult Faith Formation Lenten Series: Whatever Happened to Vatican Council II?

Dates: Wednesdays, March 9, 16, 23, 30; April 6    Time: 7:30 PM – 8:30 PM    Zoom or Phone In

“The years pass, but the power of Vatican II remains, with all its cargo of hope that the entire world may come to know the Gospel of Christ.” - *The Washington Times - Wednesday, October 10, 2012*    In light of Pope Francis’ call of the universal church to participate in the Synod 2022, this vast topic on Vatican Council II is ever timely for discussion this Lenten Season. Come to this series to be enriched by the wisdom of Pope Saint John XXIII who dared to “open the windows of the Church” with Vatican Council II.    Presenter: Fr. Grogan

### Parish Retreat: “Journey Together”

Date: Saturday, May 7, 2022    Time: 9 AM to 1 PM    In person

Can you take the time to slow down for reflection and prayer in a beautiful retreat setting. This will be a time to gather together with other parishioners for prayer, reflection, and sharing on the theme of our journey together as a Catholic Christian Community. The location is a beautiful setting of St. Raphaela Retreat Center located in Haverford, PA, sponsored by the Handmaids of the Sacred Heart. The day will afford time for a presentation, personal prayer and reflection followed by group sharing. Retreat number is limited. Register early.

To register for above opportunities, contact Sr. Ruthann, [ssjruthann@gmail.com](mailto:ssjruthann@gmail.com)

### Note:

Holy Cross Parish Synodal Listening Sessions will be planned for March. More information forthcoming.