

## Are You Being Called to a Deeper Prayer Life




# CATECHETICAL INSTITUTE

The Saint Paul Seminary

### Feeling called to a life of deep prayer and union with God?


Join Deacon Dan Gannon this fall for *The Three Ages of the Interior Life* and discover the timeless wisdom of St. John of the Cross and St. Teresa of Avila as they guide you toward a deeper relationship with the Lord.

Open to all, this five-session Catechetical Institute course meets Tuesdays from October 6 through November 10, from 7:00 p.m. to 9:00 p.m. at St. Ambrose in Woodbury. (No class on October 20.)





**Three Ages of  
the Interior Life**

Journey into prayer with St. John  
of the Cross and St. Teresa of Avila.

 TEACHER:  
Deacon Dan Gannon

**Come Join Our Five Evening Sessions**

 Tuesdays, 7-9 pm, Oct 6 - Nov 10  
St. Ambrose, Woodbury | Cost: \$100  
651-962-5072 | [saintpaulseminary.org/CI](http://saintpaulseminary.org/CI)

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SCAN TO REGISTER

### The Three Ages of the Interior Life Course Offers:

- Instruction in the prayer methods of St. John of the Cross and St. Teresa of Avila
- An understanding of the essential dispositions needed to grow in holiness
- Practical ways to enter more deeply into the life of grace
- Opportunities for faith-sharing and spiritual growth through the small-group dynamic
- Insights into the virtue of detachment and its role in the spiritual life
- Guidance for developing a deeper relationship with God through prayer

*"Mental prayer, in my opinion, is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us." ~St. Teresa of Avila*