



Soul Space

QUARTERLY NEWSLETTER

A Ministry of the Sisters of St. Joseph of Orange

GRATITUDE AS A SPIRITUAL PRACTICE

By Sister Jane DeLisle, CSJ

There is great wisdom in Meister Eckhart's statement, **"If the only prayer you ever say in your entire life is thank you, it will be enough."** While "thank you" is an immediate response for something received, gratitude is more of a prevailing attitude of mind and heart. Living from a place of gratitude is at once fulfilling and freeing. It seems to me that my deepest joy and freedom of spirit comes in the realization that all I have and all I am is a gift from our gracious and loving God.

Every moment holds the potential to encounter God within oneself, in other persons, and even in the ordinary circumstances of life. Gratitude, as a spiritual stance, cultivates the ability to perceive the presence of God in everything. Attention to the present moment cultivates an attitude of gratitude.

A general disposition of gratitude alerts us to what is good in life and to be thankful for the things we have. Our eyes are open to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, etc. Gleaning the graces of small things sensitizes us for the surprise blessings of greater realities.

Furthermore, living from a place of gratitude improves long-term relationships with significant others and with God. Rather than taking someone for granted, gratitude is an

ongoing show of appreciation in relationships, and the practice of gratitude will bring us closer to the ones we love.

For Reflection

“Joy is the simplest form of gratitude.” —Karl Barth

Practice of Gratitude:

- *Pause to notice what is around you.*
- *Express gratitude for the little things.*
- *Tell someone you are grateful and be specific about the way they have helped.*
- *Each evening, make a mental list of all for which you are grateful.*
- *Keep a Gratitude Journal. Writing these thoughts down or saying them aloud can even help you stay positive during difficult times.*
- *Pay attention to what IS good or going well, rather than what is going wrong.*

IN-PERSON EVENTS



Artwork by Sr. M. Madeleva Williams, CSJ

Art & Contemplation

| IN-PERSON ONLY

JULY 18, 19, 20
9 AM - 12:30 PM

**Presented by Valerie Kemp and Sister
Madeleva Williams, CSJ**

REGISTER FOR JULY 18, 19, 20



Tending to the Soul

| IN-PERSON ONLY

AUG. 19, 2023 | 12 - 5 PM

This afternoon of inner reflection will offer an introduction to the practices and fruits of BioSpiritual Focusing. Discover the wisdom

held within your body as we attend to the inner feelings that contain holistic knowledge of ourselves and our lives, that are not readily available to the rational workings of the brain's use of language, concepts and analysis.

[REGISTER HERE](#)

ONLINE EVENT



BioSpiritual Focusing Book Study

| ONLINE ONLY

WEDNESDAY EVENINGS, 6:30-9 PM
SEPT. 13 - OCT. 25

Interested in discovering what BioSpiritual Focusing is all about? Then this book study is for you! Join us as we read and discuss *Rediscovering the Lost Body-Connection within Christian Spirituality*.

[REGISTER HERE](#)

TAIZÉ PRAYER SERVICE



| SACRED HEART CHAPEL

THIRD THURSDAY OF EVERY MONTH
7 - 8 PM

Offered in prayerful collaboration between Stillpoint and the Center for Spiritual Development

JULY 20

AUG 17

SEPT 21

FOR WOMEN



Reconnect with the Holy

| SILENT, 8-DAY IGNATIAN
DIRECTED RETREAT FOR WOMEN

SUN., AUG. 27 - SUN., SEPT. 3, 2023

at Mission San Luis Rey

REGISTER HERE



Center for Spiritual Development
A Ministry of the Sisters of St. Joseph of Orange



Loyola
Marymount
University

Art of Spiritual Direction



Do you feel called to become a spiritual director? For over 30 years the Center for Spiritual Development has been offering training in spiritual direction. In 2003, the Center began a partnership with Loyola Marymount University to offer a joint certificate program in spiritual direction.

Find out more about our three-year program!

Info at: www.thecsd.org | thecsd@csjorange.org | (714) 744-3172



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



To learn more about the
Center for Spiritual Development

[Visit our Website](#)

You may also call us at 714-744-3172

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our Daily Reflections?**

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