



Gifts & Fruits of the Holy Spirit

“If we live in the Spirit, let us also follow the Spirit.” Gal. 5:25

Friday, May 29, 2009
9:30 a.m. – 3:00 p.m.

Presented by Fr. Bill Sheehan, OMI

Scripture tells us that by allowing ourselves to be led by the Spirit, we will receive the **Seven Gifts of the Holy Spirit** which mature and blossom as **Fruits of the Spirit**.

Contemplative prayer is a tool that can help us experience, recognize, and embrace the Gifts and Fruits. Centering Prayer is a form of contemplative prayer that leads to the stillness of “our inner room.” (Mt. 6:6) It is in this stillness that we may expand our relationship with God, let go of our self-centered agenda, and be guided by the Spirit.

What are these bountiful gifts that await us?

Seven Gifts of the Spirit:

Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, & Fear of the Lord.

Fruits of the Spirit:

Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-control, & Chastity.

The day will offer conferences, group sharing, periods of Centering Prayer, lunch and Mass. The offering for the day is \$50.00. We ask for a non-refundable \$20.00 deposit with your reservation.

The Director:

Rev. Bill Sheehan, OMI, is an experienced and beloved retreat director. He has been involved with Contemplative Outreach since 1983, practicing centering prayer and guiding others in this way of prayer for more than 25 years. Fr. Bill has a rich background as a pastor, director of ministry to priests, novice director, director of formation, provincial, and director of the Oblate House of Theology. Previously stationed in Washington, D.C., Fr. Bill now lives in an Oblate House of Prayer in Massachusetts.