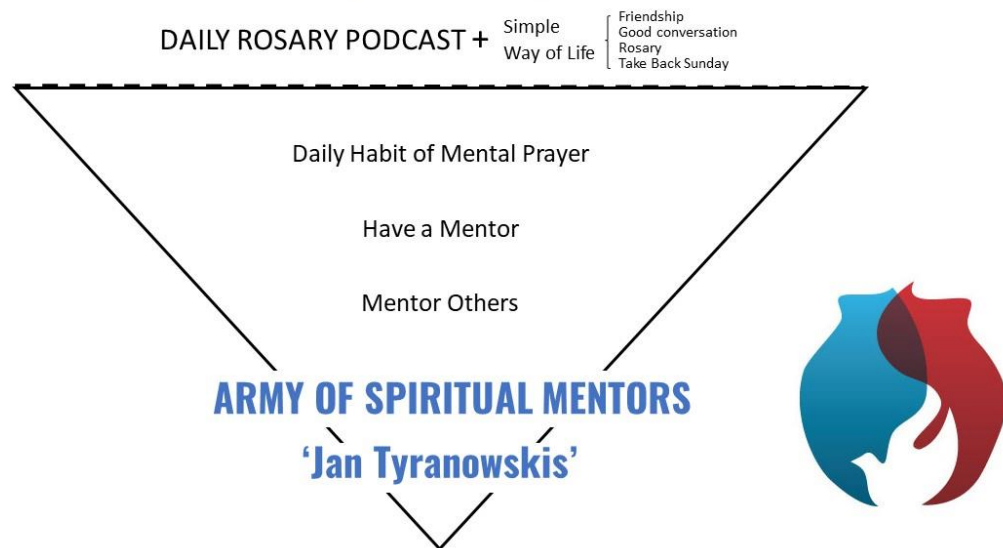


TO ELIMINATE SPIRITUAL POVERTY BY LEADING PEOPLE TO JESUS THROUGH Prayer, Spiritual Mentoring, and Creating an Army of Jan Tyranowskis



Our Mission: To eliminate spiritual poverty by leading people to Jesus through

- Prayer
- Spiritual Mentoring
- Creating an Army of Jan Tyranowskis

The Goal of Life is Holiness: Transforming union with Jesus

People who are committed to these practices will grow in Holiness:

1. Daily mental prayer with a resolution
2. Frequent sacramental life
3. Being mentored
4. Mentoring others
5. A plan of life
6. Formed in the principles of decision making
7. Supported by a community of mentors and ongoing formation

Objectives of Session 1

1. CSM Alum Team get to know participants
2. Participants get to know each other
3. Understand holiness as the goal of life and what holiness means
4. Know the three fundamental means to holiness: liturgy, prayer, and virtue
5. Become familiar with the journey of the soul and the stages of prayer
6. Know what mental prayer is; how to practice discursive meditation & forming a resolution
7. Understand the role of Mary in the spiritual life
8. Become acclimated to the rhythm of the CSM in-residence session