



SPIRITUALITY ON TAP

A Gathering at St. Thomas More each month to reflect on the meaning and significance of adult spirituality and the need for ongoing growth and development. We invite all teens and adults and as always please feel free to bring a friend

What to Expect in Coming Months

November 10—Prayer Through Art with Shirley Cunningham

January 12—Franciscan Spirituality through the prayer of St. Claire with Sr. Elizabeth Cummins

January 26—Continuation of Franciscan Spirituality

February 9—Benedictine Spirituality ... Exploring Lectio Devina with Sr. Lydia Armenta

February 23—Continuation of Benedictine Spirituality

Meetings.....

November 10 at 7pm

Prayer through Art with Shirley Cunningham

For more information please visit the parish web site or call the parish office @ 623-566-8222

MEET OUR NOVEMBER PRESENTER

Shirley Cunningham, MA, MSW, LCSW is a certified counselor in private practice specializing in individual, marriage, family and group work. She also trained as a spiritual director at the Shalem institute, Washington DC and was one of the founders of the Arizona Ecumenical Institute for Spiritual Direction Training Program, Phoenix, AZ. She has taught on the college and university level and offered workshops and retreats for over twenty years in a variety of settings. A long-time student of spirituality, psychology, journaling, dreams, intuition, imagery and creativity, she has kept journals and written poetry from childhood. Chasing God is her first book.