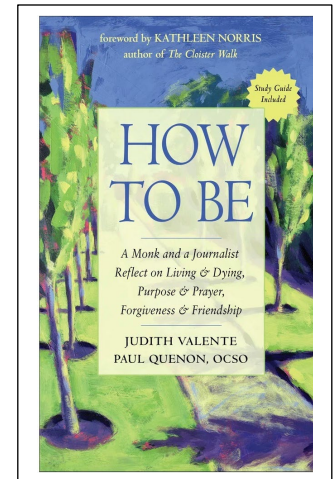


“As Catholics, we tend to think of sacraments as specific rituals mediated by ordained clergy. If, as we also believe, sacraments are rituals meant to reflect God’s grace in the world in a tangible way, then now is the time for us to broaden our thinking. Now is the time to become sacraments for each other – visible human signs of God’s grace in the world.” ~Judith Valente

Join us! In October we will read and discuss *“How to Be: A Monk and a Journalist Reflect on Living & Dying, Purpose & Prayer, Forgiveness & Friendship”* by Judith Valente and Paul Quenon, OCSO. In the form of letter writing, these two spiritual seekers lead us through their own struggles with faith, mortality, mystery, prayer, and work, allowing each of us to examine our own questions and experience.



When:

October 6th and October 20th, 2026

6 pm – Centering Prayer (optional)

6:30 pm Book Discussion

Where:

St. Thomas More - Lower Level



SAGES provides a safe space to explore the intersection of spiritual growth, transformation, and social justice using contemplative practice, study, reflection and discussion.

No matter where you are on your spiritual journey, you are welcome! Contact Kim Novak for more information: Kimberly.a.novak914@gmail.com or 319-400-1645