February 9, 2012  The Key to Salesian Spirituality: **Directing Your Intention**
led by **Fr. John Fisher, OSFS**
(Educational Coordinator, Salesian Center for Faith & Culture)

Consider beforehand what occupations, duties and occasions are likely this day to enable you to serve God; what temptations to offend Him ... may arise; and make a fervent resolution to use all means of serving Him and confirming your own piety; as also to avoid and resist whatever might hinder your salvation and God’s glory. (Devout Life, II:10)

March 14, 2012  **How Not to Be Nervous in the Company of a Saint!**
led by **Sr. John Marie Schaub, OSFS**
(Global & Service Learning Coordinator)

Anxiety arises from an unregulated desire to be delivered from any pressing evil, or to obtain some hoped-for good. Nevertheless nothing tends so greatly to enhance the one or retard the other as over-eagerness and anxiety. (Devout Life IV:11)

April 12, 2012  **How to be Thankful ... even if you don’t like it!**
led by **Fr. Mark Plashin, OSFS**
(Executive Director, Public Safety, Security & Health)

Give God thanks. O Great and Good Creator, what do I not owe You, Who did take me from out that nothingness, by Your Mercy to make me what I am? How can I ever do enough worthily to praise Your Holy Name, and render due thanks to Your Goodness? (Devout Life IV:11)

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Seminars take place in the University Center from 12:00 to 12:45 p.m.

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