

St. Francis Xavier Parish
Adult Faith Enrichment
2020 Programs and Exercises



September:

- **Weekly Lectio Divina Reflections**
- **Why Worry** by Jeff Dunn (*Twenty-Third Publications*)
A weekly, self-guided reflection and prayer-meditation exercise.

October:

- **Weekly Lectio Divina Reflections**
- **Our Lady, Undoer of Knots Novena**
A self-guided prayer and meditation guide for a 9 Day Novena.
(Introduction from *Our Lady, Undoer of Knots*, by Marge Fenelon, *Ave Maria Press*.)

November:

- **Weekly Lectio Divina Reflections**
- **Gratefulness, The Habits of a Grace-Filled Life,**
by Susan Muto (*Ave Maria Press*)
A weekly, self-guided reflection and prayer-meditation exercise.

December:

- **Weekly Lectio Divina Reflections**
- ***Advent Meditation Prayer and Christmas Blessings***