

# The Art of Everyday Holiness

*Inspired by St Josemaria Escriva*

PRACTICAL AND DOCTRINAL TALKS FOR YOUNG WOMEN



HEATHGROVE 32 HAVELOCK RD, HAWTHORN EAST 3123  
TALKS START AT 7.30PM (CONFESSIONS AVAILABLE FROM 6.30PM)

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## About the talk series...

The Art of Everyday Holiness talk series aims to equip young women to strive for holiness in the modern world through their work, study and ordinary circumstances. The series offers substantial Catholic doctrine and practical insights on living out the faith in all aspects of life. The holistic approach to formation recognises that striving for holiness is not just a beautiful ideal but a practical reality to be lived out consistently day in and day out.

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### **Feb 17 | The Universal Call To Holiness**

It is possible to become a saint in the middle of the world

### **Mar 10 | Divine Filiation**

Being a child of God is the greatest truth about the human person

### **Mar 17 | Unity Of Life**

Consistency is key: Living our faith in all aspects of our day

### **Apr 14 | Theological Virtues**

Exploring Faith, Hope and Love

### **Apr 21 | Prayer Is A Divine Conversation**

Deepening our friendship with Christ day in and day out

### **May 12 | Cardinal Virtues**

Exploring Prudence, Justice, Fortitude and Temperance

### **May 19 | Work and Study Are A Means To Love God**

"An hour of study, for a modern apostle, is an hour of prayer."

### **June 16 | The Eucharist**

Receiving Jesus is a reality not a symbol

### **June 23 | Living Out The Mass**

The center and root of Christian life

# Who is St. Josemaria?

St. Josemaria Escriva is a Spanish priest who founded Opus Dei - a Personal Prelature in the Catholic Church. The aim of the Catholic organisation, founded in 1928, is to spread the message that everyone has a calling to be saint. Doing one's ordinary work well is a means to serve, love and encounter God.

## **Jul 14 | Confession And Spiritual Direction**

"God never tires of forgiving us." - Pope Francis

## **Jul 21 | Sincerity**

With God, ourselves and others

## **Aug 11 | Communion Of Saints**

A real source of spiritual strength

## **Aug 18 | Friendship And Apostolate**

Our faith is not something we keep for ourselves

## **Sep 15 | The Value Of Sacrifice**

Carrying our cross in ordinary life

## **Sep 22 | Little Things**

How the ordinary is extraordinary in God's eyes

## **Oct 13 | Our Lady**

Imitating her virtue and complete trust in God

## **Oct 20 | Vocation**

A free response to God's love for us

## **Nov 10 | The Last Things**

On Heaven, Hell and Purgatory

## **Nov 17 | Authentic Freedom**

Freedom is a path and a means to love

## **Save The Date! Other Activities For Young Women**

Monthly Recollection at St Mary's Star of the Sea, West Melbourne

Every first Wednesday of the month from 6.45pm

Retreat at Castlemaine Study Centre

20-23 May, 2021

Contact us for more information on the above.

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*"There is something holy, something divine, hidden in the most ordinary situations, and it is up to each one of you to discover it."*

*- St Josemaria*

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**FOR ALL ENQUIRIES & TO STAY IN THE LOOP**  
**womensactivities@heathgrove.org.au**

Heathgrove ([www.heathgrove.org.au](http://www.heathgrove.org.au)) is an educational project to encourage positive character development and academic excellence in girls and young women. Heathgrove is a project of the Association for Education Projects Limited (AEPL), a not-for-profit company which aims to promote education and the development of character in accordance with the ideals of Christianity. Activities of a spiritual nature at Heathgrove are entrusted to Opus Dei, a personal Prelature of the Catholic Church, which helps people to find God in everyday life ([www.opusdei.org.au](http://www.opusdei.org.au)).