



Day One

Tuesday, July 14th
9:30 am - 12:30 pm

Spiritual Life

- What is our goal in Spiritual Life?
- Are there stages to be discerned?
- What is a Second Conversion?
- Conversion Examples:
St. Ignatius, St. Teresa



Day Two

Wednesday, July 15th
9:30 am - 12:30 pm

Lectio Divina

- Lectio Divina:
Prolonging the Liturgy of the Word
- History / Presentation of Lectio Divina
- The Gospel, Guigo, St. Ignatius and Cardinal Martini
- Understanding Lectio Divina
- Challenges of Lectio Divina
- Lectio Divina and Mass:
Reading in the Spirit



Day Three

Thursday, July 16th
9:30 am - 12:30 pm

Our Lady in Spiritual Life

- Mary is devotional or vital?
- The Golden Thread in the Gospel of Luke: The Two Annunciations
- Our Lady's relationship with Jesus
- Our Lady: The Good Soil
- Her relationship with us
- Mary's Role in Prayer
- The Hail Mary



Day Four

Friday, July 17th
9:30 am - 12:30 pm

Prayer of the Heart

- The Lord's Love
- Giving Ourselves to the Lord
- Presentation of the Prayer of the Heart
- Distractions
- Prayer of the Heart: Prolonging the Liturgy of the Eucharist
- Prayer of the Heart and Adoration



Daily: Optional Workshop (2:30-4:30 pm)
A deeper dive into the morning teaching. Bring your own lunch or take a walk into town and enjoy.

Location: St. Michael's Parish Hall,
Fourth Street. & Calhoun Street,
Fernandina Beach, FL.32034

Cost: \$40

Scan QR Code

to reserve your spot.



The Mission of the School of Mary is to form Christians in the spiritual life, enabling them to respond fruitfully to the universal call to holiness. Drawing on the living tradition of the Catholic Church, and especially on the teaching of the doctors of the spiritual life, the School seeks to foster an experiential knowledge of the stages of spiritual growth, so as to lead students towards union with Christ and a loving participation in His redemptive mission.

The School of Mary also seeks to train spiritual formators capable of transmitting the teaching of the spiritual life faithfully.

www.schoolofmary.org



An Invitation

There are moments in the spiritual life when one senses the need not simply to pray more, but to understand more deeply what God is doing within us.

We invite you to a four-day “immersion” rooted in Scripture and the great tradition of spiritual theology.

Over these days, you'll discover how Lectio Divina and the Prayer of the Heart—the methods the Church Fathers gave us—actually prolong The Liturgy of The Word and The Liturgy of The Eucharist of the Mass.

If you've been seeking to grow beyond daily devotion into a living, coherent understanding of the spiritual journey itself, these four days of immersion will help you recognize God's presence and cooperate with His grace in each stage.

Whether you're beginning your spiritual journey or deepening a practice already established, you'll leave with both a framework and the lived practices to move closer to union with Christ.



Your Instructor



Jean Khoury is a Catholic theologian specializing in spiritual formation with over thirty years' experience working with both consecrated and lay people.

Jean founded the School of Mary, a Catholic school for the teaching of deep Spiritual Life for adults.

He earned his Bachelors Degree in Philosophy and his Masters in Spiritual Theology from Toulouse (France) and the Teresianum (Rome). He is presently completing his Ph.D. in Spiritual Theology at the Angelicum (Rome) and now at the Teresianum (Rome).

Bishop Pohlmeier has engaged Jean and The School of Mary to form Spiritual Directors in The Diocese of St. Augustine to deepen spiritual life.



The School of Mary

Summer 2026

Spiritual Life Immersion

July 14 -17

9:30 am - 12:30 pm

Optional Workshop available

2:30 pm - 4:30 pm

