

St. Bridget's Spirituality Center

A Center for Art & Spirituality in the Catholic Contemplative Tradition

We invite you to discover & enjoy all that this unique space has to offer! Our primary purpose is to provide a Gathering Space that fosters a Culture of Encounter. That is, an encounter with one another, with sacred ideas & practices, and with the beauty of nature & art.

Art & Spirituality Programs

TEDD Talks at St. Bridget Twice a year, we host an innovative lecture series, where we invite guest scholars to engage our community in Theology, Education, Dialogue, and Discernment (TEDD*) Talks with various topics relating to Art & Faith.

Retreats We offer full-day, half-day, and multi-day retreats, incorporating various aspects of art and spirituality throughout the year. Retreats feature artists-in-residence and other experts in an extended format that gives participants more in-depth opportunities for prayer, reflection, and exploring creativity.

Artist-in-Residence Program Twice a year St. Bridget Parish hosts an Artist-in-Residence. Artists come from around the country to share their artistic gifts and Catholic spirituality. They engage parishioners in expressing their faith through creating art. The residency culminates in a community art show featuring the works of both parishioners and the artist.

The Art Studio The Spirituality Center hosts an art studio where we offer art classes, spirituality courses, and retreats. The studio is also available to parishioners and other groups interested in using this space to grow in relationship with God and creativity.

The Gardens

Bridget's Prayer Garden Our grounds feature a self-guided Garden Prayer Walk that follows the themes taken from the five prayer stones which are placed at St. Bridget's Garden in Kildare, Ireland. The children and catechists of St. Bridget Parish have created mosaic prayer stones for our Prayer Garden, which communicate the great themes of Bridget's spirituality, inspiring visitors to promote her charisms (spiritual gifts) for the betterment of today's world.

Justice Vegetable Garden St. Bridget was known for giving the best to those in need; thus, we work to provide fresh vegetables for the local St. Vincent de Paul chapter to deliver to our neighbors in need. We also engage in Garden Education classes to encourage all to grow in gratitude for the land by growing what we eat.

Rose Garden Lovingly re-established by members of St. Bridget Parish, the Rose Garden is growing the grace and beauty of the grounds. The garden-tenders participate in monthly meetings with the Rose Society of Arizona.

Spiritual Direction

Spiritual Direction is an ancient Catholic practice encouraged by Saint Bridget herself. She was known to say, "Everyone needs an Anam Cara [soul-friend]!" She encouraged the practice of finding a mentor who is trained in companioning souls to bring forth one's spiritual growth and fullest potential. Certified Spiritual Directors meet with individuals or form small groups in the prayerful environment of the Spirituality Center. Join a Spiritual Director for a 2nd Saturday Morning Retreat with learning, prayer and refreshment.

Contemplative Outreach

"Contemplative life does not have to be seen as a special vocation reserved for some special souls only; it is open to all, and all are invited to enjoy it. You do not have to be in special circumstances to practice it because it consists not so much in what you do as in the attitude and the perspective in which your ordinary actions are performed. It is a life of wonder. The contemplative is one who looks around at the world and marvels at reality." ~ Beatrice Bruteau

Centering Prayer *All are welcome to practice this method of letting go ~ Centering Prayer is a 20-minute "resting in God", who dwells within. It is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. Groups meet on Wednesdays at 9am in the Spirituality Center and at 6:30pm in the St. Bridget Chapel.*

Silent Retreat Series *Contemplative Outreach hosts Silent Retreat Series which meet once a week with over an 18-week period. Contemplative silence is observed with four 30 minutes prayer sits, teachings on contemplative life, walks in the Prayer Garden, silent mealtimes, and Lectio Divina. Participants must attend an Introductory Day to Centering Prayer, follow-up sessions, and have had at least one year of Centering Prayer practice.*

Spiritual Life Ministry

Bible Study *Individuals and groups grow their relationship with God by training their ears to hear the Word of God and receive that Word deeply in their hearts. Groups meet during the Fall and Spring on Tuesdays at 7pm and Wednesdays at 9am.*

Advent & Lenten Series *Our Advent Series includes weekly Welcoming the Light gatherings on the Plaza, and an Advent small group book study. Our Lenten Series includes weekly Soup & Spirit gatherings, and Via Crucis: The Way of the Cross, a mini-pilgrimage commemorating the final hours of Jesus' life.*

Advent & Lent Silent Saturdays *Enter into these special seasons in a prayerful way. These silent mornings include centering prayer, spirituality lectures, and prayer walks. The combination of prayer and teaching offers a wonderful process for deepening the call of the Gospels and the spirituality of each season.*

Spirituality Center Library

The Spirituality Center hosts a wonderful library of books, CD's, and DVD's on Spirituality, Prayer, and Sacred Art. Resources are available for check-out or may be enjoyed on the premises.