

# St. Bridget Spirituality Center

*A Center for Art & Spirituality in the Catholic Contemplative Tradition*



*"...Let the one who is thirsty come;  
and let the one who wishes to  
take the free gift of the water of life."*

*~ Revelation 22:17*

## St. Bridget Spirituality Center

*A Center for Art & Spirituality in the Catholic Contemplative Tradition*

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*Located just around the corner from St. Bridget Catholic Church*

*2846 E. Lockwood St. Mesa, AZ 85213*

*Main access through the Garden Gate, just across the Plaza from the Church*

*#480.924.9111 [stbridget.org/spirituality-center](http://stbridget.org/spirituality-center)*

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*To learn about volunteer opportunities, donation needs, and reserve space:*

*Contact Parish Office at #480.924.9111*

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*See the weekly parish bulletin for current events.*



*The Gardens*

*The Reading Room*

*Art & Spirituality Programs*

*Contemplative Rosary*

*Spiritual Direction*

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All are welcome to discover and enjoy all this unique space has to offer! Indoor and outdoor areas invite opportunities for spiritual nourishment through contemplation, prayer, fellowship, and exploration of the beauty of nature and art.

## The Gardens

**Bridget's Garden Prayer Walk** Featuring a path of mosaic prayer stones created by the children of our parish faith formation program, Living Grace. The stones symbolize the themes of Saint Bridget's spirituality, inspiring us to promote her charisms (spiritual gifts) for the betterment of today's world.

**Healing Garden** Adjacent to the mosaic prayer stone reflecting Saint Bridget's charism as Healer, we have a trellis that holds prayer intentions written by those longing for healing. Intentions include prayers for healing in our own lives, our families, the sick, the homebound, the suffering, the local and universal Church, the needs of the world, and all who need prayer.

**Rose Garden** An original part of our parish grounds, our Rose Garden has been lovingly re-established by members of St. Bridget Parish with a total of 33 rose bushes, one for each year of Jesus' physical life on earth.

**Justice Vegetable Garden** Saint Bridget was known for giving her best to those in need. This unique program was created as an actionable step to promote the principles of Catholic Social Teaching. The fresh vegetables grown and harvested here are donated to our local St. Vincent de Paul chapter and delivered along with non-perishable food boxes to our neighbors in need.

**Volunteer opportunities abound** As little as half an hour per week is very helpful in the care and maintenance of our beautiful gardens!

## The Patio

Surrounded by plants and flowers, water features and song birds, our garden patio is an inviting space for individual contemplation, journaling, and prayer. We also have intimate seating areas for small group gatherings and cozy conversation, as well as accommodations for larger group gatherings and shared meals.

**Bridget's Little Library** Our handcrafted outdoor lending library features selected faith-based books for children, teens, and adults, with seasonal highlights from our Spirituality Book Club and the Reading Room.

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**Volunteers, free will offerings, and supply donations are greatly appreciated for all programs!**

## The Dining Room

The sharing of food has always been part of the human story, and "breaking bread together" is at the core of our Catholic faith. Our large dining table and full kitchen provide additional opportunities for hospitality and fellowship, as a gathering space for ministry meetings, shared meals, tea parties, and cherished conversation.

## The Reading Room

An extensive selection of books, CDs, and DVDs on spiritual growth, centering prayer, sacred art, lives of the saints, and many other faith-based topics. Resources are available to check-out or may be enjoyed on the premises. Included are children's books and a cozy space for reading and quiet play.

**Book Club** All are invited for fellowship and discussion of faith-based and spirituality-themed books which are selected with particular attention to those that inspire spiritual awareness and growth. Parish bulletin highlights upcoming books and scheduled meetings.

## The Parlor

The front sitting room of the Spirituality Center has become our "prayer parlor". We currently host a weekly Contemplative Rosary group and Marriage Prep classes. Past group gatherings include Contemplative Outreach, Centering Prayer, Bible study, RCIA sessions, and baptism classes.

## The Circle Room

**Spiritual Direction** is an ancient Catholic practice encouraged by Saint Bridget herself, who was known to say that everyone needs an "anam cara" (soul-friend). Saint Bridget encouraged the practice of finding a mentor trained in companioning souls to bring forth one's spiritual growth and fullest potential.

Certified Spiritual Directors meet with individuals and small groups in the prayerful environment of our Circle Room. More information can be found in our separate brochure on Spiritual Direction at St. Bridget.

## The Art Studio

**Studio Space** The studio is available to parishioners and other groups interested in using this space to grow in relationship with God and creativity. We periodically offer art & spirituality classes and retreats as an opportunity for spiritual growth by participating in the act of creating with the Creator.