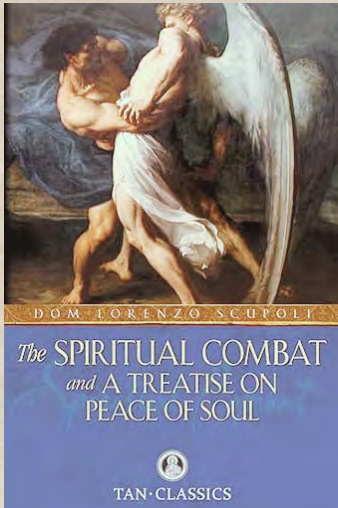




# St. Francis of Assisi's CATHOLIC SPIRITUALITY Study Group

**GROW TOGETHER IN THE SPIRITUAL LIFE DURING LENT  
THROUGH READING, SHARING, PRAYER & MUTUAL SUPPORT**

**Join us for a 5-week series as we study Italian priest  
Dom Lorenzo Scupoli's timeless classics  
*The Spiritual Combat* and *A Treatise on Peace of Soul***



Father Dom Lorenzo Scupoli (c. 1530–1610) wrote these timeless classics in the spirit of the Catholic reform movements of the 16th century. Praised by St. Francis de Sales (who carried *The Spiritual Combat* daily), they offer practical, encouraging guidance for growing in holiness. *The Spiritual Combat* (66 short chapters) uses the vivid biblical metaphor of spiritual "battle" to describe the everyday effort to overcome passions, grow in virtue, and rely more fully on God's grace. It is especially appropriate reading during Lent, when the Church calls us to fasting, prayer, and almsgiving as we turn from sin toward Christ. Yet this "combat" is only one aspect of the spiritual journey; it leads to the tranquil peace explored in *A Treatise on Peace of Soul* (15 short chapters), which shows how surrender to God brings interior calm and joyful union with Him. **No registration needed —just come as you are. Reading is optional but encouraged, as the format will be more discussion-based.**



**FEBRUARY 25  
MARCH 4, 11, 18 & 25**



**10:30 AM\***



**PARISH HALL**

## Why Join?

- Grow in faith
- Build community through discussion and prayer
- Apply practical spiritual practices to your life

**Cost?** Free, Open to all adults

**See the class syllabus &  
how to get a copy of *Rthe  
book* on the reverse side  
of this page.**

\*The sessions will be around 1-hour, allowing participants to attend the 12:00 PM Mass, if desired.



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**CATHOLIC  
SPIRITUALITY**  
*Study Group*

**COURSE SYLLABUS:**

**Session 1 - Wednesday, February 25, 2026:**

We will discuss: *The Spiritual Combat* Chapters 1-16

**Session 2 - Wednesday, March 4, 2026:**

We will discuss: *The Spiritual Combat* Chapters 17-33

**Session 3 - Wednesday, March 11, 2026:**

We will discuss: *The Spiritual Combat* Chapters 34-49

**Session 4 - Wednesday, March 18, 2026:**

We will discuss: *The Spiritual Combat* Chapters 50-66

**Session 5 - Wednesday, March 25, 2026:**

We will discuss: *A Treatise on Peace of Soul* (all 15 chapters)

**Reading is optional but encouraged, as the format will be more discussion-based.**

**Feel free to get the Tan edition from Amazon, read the digital version, or let Father Jacob know if you would like a copy.**

