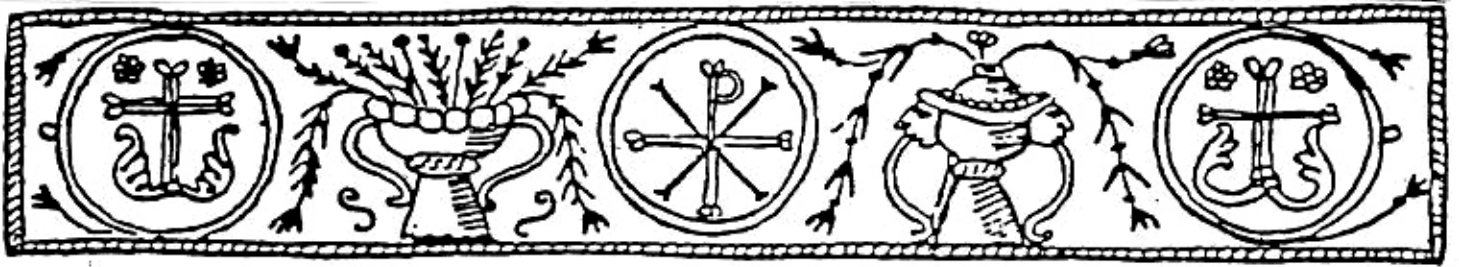


THE GUARDING OF THE MIND AND HEART

A Four Part Class on Prayer with Mind and Heart

**Teachings of St. Nicodemus of Mt. Athos (+1794)
From Chapter 10 of "A Handbook of Spiritual Counsel"**



Part One: Tuesday, November 5th, 7-8:30p.m.

*One Must Guard His Heart from Evil Thoughts More Than His
Senses from Harmful Objects*

*The Heart Is a Natural Center, and the Essence of the Soul Is to Be Found in the Heart
The Heart is a Supernatural Center and a Para-natural Center*

Part Two: Tuesday, November 19th, 7-8:30p.m.

*In What Way Does the Mind Return to the Heart and That This Return is Not a
Deception*

*When the Mind is in the Heart It Must Be Praying
Why One Needs To Control His Breath in Prayer*

Part Three: November 26th, 7-8:30p.m.

*The Fruits of Spiritual Prayer
Why We Must Guard Our Heart*

Through Spiritual Prayer We Find the Hidden Grace in the Heart

Part Four: Tuesday, December 3rd, 7-8:30p.m.

*The Mind has the Natural Attribute to Find Rest in the Heart
The Perpetual Memory of Jesus Cultivates Our Love for Him*

It Is Very Appropriate to Teach Those Who Are in the World About Spiritual Prayer

Open To All! We Meet in the Conference Room in the Lower Hall

**Ss. Peter & Paul Orthodox Church
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