

## Why this Spirituality Course?

<https://youtu.be/IAP1eUXpClS>



## Course Title:

Spirituality of Unity:

Embracing the Focolare's Vision of Unity in Diversity

## Course Description:

This course delves into the Spirituality of Unity, a timely response to today's demands and a practical approach to living a life of giving, reciprocity, and communion. Rooted in Chiara Lubich's spirituality, this course explores the 12 points of the founder's legacy and applies them to the 7 aspects of daily life. Participants will foster a deeper sense of connection with God, themselves, others, and life itself. This course is offered by the Focolare Movement of North America.

To register, scan:



For more information go to:

[focolare.us/course](https://focolare.us/course)

## Course Outcomes:

### # Personal Growth and Spiritual Development

- 1. Deeper understanding of God's love:** The course offers a profound and practical approach to understanding God's love which is the foundation of a life of communion.
- 2. Spiritual growth and renewal:** Participants can expect to experience a deeper connection with God and with one another, leading to a more compassionate you.



## Course Outcomes:

### # Building Meaningful Relationships

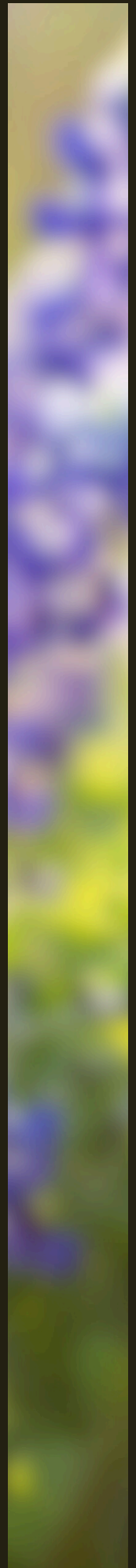
1. **Improved relationships:** In the Spirituality of Unity, the bottom line is to love and be loved. So just watch and see how, by putting this into practice, relationships with family, friends, and colleagues are enhanced.
2. **Community building:** The course provides a unique opportunity to connect with the most diverse individuals. In fact, unity requires diversity. Rather than viewing diversity as a threat, it is a source of enrichment. Participants will learn how to build a community of people committed to changing the world by beginning with themselves. If I change, relationships around me will be enhanced and the world will become a bit more united.

### # Practical Applications

1. **Everyday life:** In the frantic hustle and bustle of life, participants will learn how to apply 7 practical ways to love in their daily lives, creating balance and harmony for themselves and offering the gift of peace to others.
2. **Conflict resolution:** The course offers practical tools and strategies for resolving conflicts and overcoming obstacles to unity.

### # Focolare's Unique Perspective

1. **Jesus Forsaken:** The course explores the Focolare's unique perspective on the key to unity, "Jesus Forsaken," which emphasizes the importance of embracing suffering; their own, that of others, and that of humanity.
2. **Chiara Lubich's spirituality:** As participants gain a deeper understanding of this way of life, we hope to foster long-lasting relationships with one another, just like a family.





## Course Lessons are:

1. What is a Collective Spirituality?
2. Chiara Lubich and the Focolare Movement

## The 12 pillars of the Spirituality of Unity:

3. God is Love – Our Image of God
4. The Will of God
5. Love for our Neighbor
6. The Word of God – Living the Gospel
7. Mutual Love – The Law of Heaven
8. Jesus Forsaken – the Key to Unity
9. Unity
10. Jesus in the Midst
11. The Eucharist
12. The Church
13. Mary
14. The Holy Spirit

## 15. Our Culture and the 7 Colors

16. Red – Love is Communion
17. Orange – Love is Contagious
18. Yellow – Love Inspires
19. Green – Love Heals
20. Blue – Love is Beauty
21. Indigo – Love is Wisdom
22. Violet – Love Unites

23. Paradise 1949



## Conclusion:

At the end of this course, we have witnessed participants express, with tears, their experience of union with God through their discovery that loving, as the Gospel proposes, makes us all brothers and sisters.

