Life in the Spirit Seminar (LSS)

Lord, what's in it for me?

For anyone who asks, receives;
and anyone who seeks, find;
and to the one who knocks,
the door will be opened.
- Matthew 7:8

The beautiful truth is that Jesus Christ suffered, died and rose from the dead for you and me. Do you know of anyone who *could and would* do this for us?

Amazing, isn't it? The Son of God came so that, in forgiving our sins, we are able to receive the gift of new and eternal life. *Jesus came that we might have life and have life more abundantly* (John 10:10). Have you asked Jesus for this life that only He can offer and give?

All I have to do is ask?

Yes! In John's Gospel, is not Jesus' first question to those who followed him, "*What* are you looking for?" (John 1:38) After his resurrection, Jesus even fine-tuned his question to, "*Whom* are you looking for?"

Our hearts are yearning for Jesus Christ who alone gives us the Holy Spirit, by whose gifts we live the life in the spirit. One of the ways we receive these gifts is through the **Life in The Spirit Seminar**, also referred to as LSS.

What do I need to do to participate in the LSS?

Jesus is calling you to encounter Him more deeply, heart to heart. Depending on our life circumstances, to respond to Him may be easy or more challenging to do. Through prayer and perseverance, ask God to make the way for you because He will.

The LSS is facilitated by members of the Rochester District of the **Bukas Loob Sa Diyos** (BLD) or *Open in Spirit to God*, a Roman Catholic Charismatic Covenant Community, based on Saint Anne Church on 1600 Mount Hope Avenue, Rochester NY 14620.

Each LSS weekend is unique. The program follows a general outline that you might be familiar with: (i) a period of preparation through praise, worship and reflection, that leads to (ii) a spiritually intense encounter with the Lord, from late Friday afternoon to Saturday evening, that is, October 23-24, 2026.

How is LSS related to Baptism & Confirmation?

Through the Sacraments of Baptism and Confirmation the Holy Spirit and the gifts of the Spirit are given to us. In time, through our life experiences, we gain a level of maturity that enables to better appreciate these valuable gifts. The LSS, through teachings and powerful witness talks, allows us to prayerfully reflect on

our own lives, and appreciate the positive and transformative power Jesus has given us in the Holy Spirit and the spiritual gifts. The LSS is an instrument where we, as adults, can renew and strengthen our commitment to the way of Christian living.

Does it take courage to participate in the LSS?

It is better to say that it takes *trust*. Therefore, put your trust in the Lord and place the time of preparation and the weekend in His hands. Jesus extends to you the invitation; you only need to respond in child-like faith.

"Do not let your hearts be troubled. You have faith in God; have faith also in me." (John 14:1)

Lives in the Spirit…

Stories about the LSS are best told through the lives of those who have been powerfully transformed by the Holy Spirit.

Marriages have been saved: couples who had considered their married lives ended have seen a fresh reason for a new beginning.

Lives have been saved: people who thought that the Lord abandoned them are transformed into incredible witnesses of the power and purpose of life in Christ.

Many are reconciled: people who could not speak with others without anger and resentment have been reunited, through the love of God, with their neighbor.

Many experienced freedom: those who spent the much of their lives struggling with oppressions – addiction, violence and sin – are set free to start anew, with a genuine 'yes' to God.

And faith is rekindled: timidity in the expression of our Christian faith is replaced by peaceful and prayerful courage to live our discipleship in mission both in private and in the public spheres of life.

But now, it is your turn! Are you willing to be surprised by the Holy Spirit to work in your life?

"Come and see."
- John 1:39

Next steps…

Spend time with the Lord in prayer. He has already stretched out His hands for you on Calvary, now he reaches out to you, offering you, once more, the gift of the life in the Spirit.

Important Dates:

- Invocation Mass on Friday, September 11 at 7 PM at Saint Anne's Church at 1600 Mount Hope Avenue, Rochester NY.
- Shepherding Sessions on September 18, 25, and October 9 & 16 at 7 PM at Saint Anne Church.
- LSS Weekend: October 23-24, from late Friday afternoon to Saturday evening, Saint Patrick's Church, 115 Maple Avenue, Victor NY.

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