

## Solid Foundations Course

**San Antonio, TX- 2025**

*Solid Foundations* is a powerful and practical introductory course in the spiritual life starting in February 2025.

### Who might find the course useful?

The course is those who have found their feet in practicing the faith (Sunday Mass, some prayer) but who now want to know *"is there something more?"* and *"how can I start to draw closer to the Lord?"*

The Solid Foundations Course draws on the insight and practical advice of the great spiritual writers including St John of the Cross, St Teresa of Avila and St Therese of the Child Jesus to help us understand the basics we need to put in place and the part we are invited to play to begin to grow in our relationship with God and how much more lies in store!

### What content is covered?

The course focuses on three key areas:

1. **Praying with Scripture:** understanding how to pray with Scripture, what to expect when we begin to pray in this way and the opportunity for some hands-on practice
2. **How the spiritual life works:** looking at the shape of the spiritual life, the role of Our Lady and the guiding principles which we need to understand in order to start to co-operate more easily with what God is inviting us to
3. **Praying with the heart:** finding our bearings with contemplative prayer – what it is, how to pray in this way and what to bear in mind

as we find our feet as well as the chance to put it all into action.

As with all School of Mary courses, the Patroness of the Course is Our Lady, the mother of Jesus.

### Where and when does the course take place?

The course will take place in Room 202, Christopher Hall, at **St. Mark the Evangelist**, located at **1602 Thousand Oaks Dr, San Antonio, TX 78232**.

The course has three main sections:

- **Solid Foundations – Goals and Stages of Spiritual Life & Praying with Scripture**
  - **Feb 8** from 10.00am to 3.30pm
  - **Feb 22** from 10.00am to 3.30pm
  - **Mar 8** from 10.00am to 4.30PM
- **Solid Foundations – How the Spiritual Life Works**
  - **Mar 22** from 10.00am to 3.30pm
  - **Apr 5** from 10.00am to 3.00pm
- **Solid Foundations – Praying with the Heart**
  - **April 12** from 10.00am to 4.30pm
  - **May 10** from 10.00am to 4.30pm
  - **May 24** from 10.00am to 4.30pm

### Who will the course be taught by?

The course will be taught by Dr. Leonora Butau and Rufaro Butau. Dr. Leonora Butau is a theologian, educator and speaker who spent eight years teaching Theology at St. Mary's University in London, England. She

earned a BA in Theology and Religious Studies and an MA in Bioethics from St. Mary's University and has a PhD in Theology from the University of Surrey, England. She worked as a Program Director for the St. John Paul II Foundation for Marriage and Family, in Houston TX and has delivered talks in the Archdiocese of San Antonio, as well as nationally and internationally.

Rufaro helped organize several courses in London and led the School of Mary in the UK. He has a keen interest in how the Fathers of the Church interpreted the Bible and the teaching of Lectio Divina.

### How much will the course cost?

The cost for the course is \$299 (*Early bird fee of \$270 if paid by Dec 31 2024*). As the venue has limited capacity and we expect demand to be very high, participants will need to register and pay a non-refundable deposit of \$150 in advance with any remaining balance to be paid by Feb 7 2025.

Please note: we do not want finances to be a barrier to attending this course. Should you not be able to pay the full tuition but want to attend, please contact us.

Coffee and snacks will be provided. Please bring a packed lunch.

### How do I register for the course?

To register or if you have any questions, please either email [contact@schoolofmary.org](mailto:contact@schoolofmary.org) or call us on 210-201-4637

A certificate will be awarded for following the course on condition that participants attend the full course.

## Course Testimonials

*" I have served as a Eucharistic Minister and Lector for years, but meeting Jesus in the Mass and Scripture has never been more alive to me! My prayer life has never been more deep and enriched. Learning the full practice of Lectio Divina has helped me grow in ways I did not realize were possible. I have learnt how to effectively meet the Holy Spirit in contemplative prayer, and have grown in the awareness of Jesus' desire for union with each one of us."* –  
**Lisa, Diocese of St. Augustine, FL**

*" It is difficult to capture in this short writing the spiritual richness offered by this course. Its teachings opened doors deep within the Catholic faith, giving guidance of immeasurable worth in the prayerful spiritual tradition and wisdom of our Christian faith. This course provided me with the direction I needed to move forward coherently. Those seriously interested in deepening their faith should consider this course."* – **Catherine, Diocese of Spokane, WA**

*" Although I received graduate training in Spiritual Theology many years ago, the clarity, simplicity and depth of the teaching have unleashed vitality in my prayer life and in the practice of charity. The energy of the Fathers, the Doctors of the Church, pontiffs and saints of the ages are warmly revealed."* – **Mark, Diocese of Pensacola-Tallahassee, FL**



[www.schoolofmary.org](http://www.schoolofmary.org)



## Solid Foundations Course

Responding Wholeheartedly  
to the Call to Holiness

**LENT - EASTER**

Feb – May 2025

**St Mark the Evangelist  
Catholic Church  
San Antonio, Texas**