



# Catholic Spiritual Traditions

# Franciscan

- St. Francis of Assisi -1207
- O.F.M. (3 orders)
- O.S.C. – Poor Clares (nuns)
- T.O.R. (vowed and secular)
- The Way of Simplicity
- Incarnation – Love of all Life



# Salesian

- Don Bosco, 1859
- S.D.B.
- Named after St. Francis de Sales
- Youth
- St. Pete Catholic
- Cooperators – lay members



# Carmelite

- Started in Mt. Carmel, Israel, hermits
- 12<sup>th</sup> Century
- O.C.D. or O. Carm.
- Reformed by Theresa of Avila, 1550s
- Contemplative
- Presence of God in ordinary life
- Lay Carmelites O.C.D.S. or O.T.C.





# Augustinian

- St. Augustine, 354 - 430
- O.S.A.
- The Rule – Search for God,  
Love of neighbor, Pursuit of Truth
- *Confessions of St. Augustine, 397*
- Augustinian Seculars



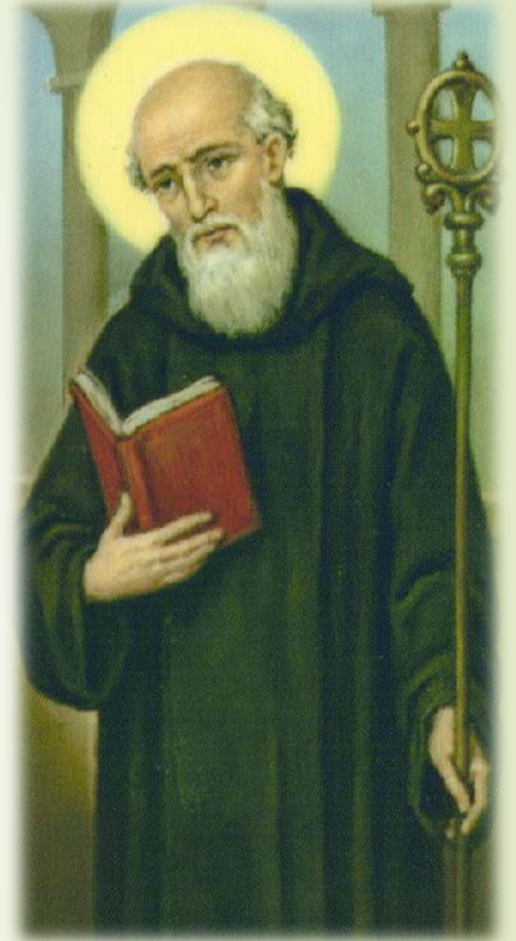
# Dominican

- St. Dominic, 1170- 1221, Spain
- O.P. – Black Friars
- Knowledge Points to God
- Veritas and Caritas
- The Rosary
- Lay Dominicans



# Benedictine

- Benedict of Nursia – 6<sup>th</sup> C.
- O.S.B.
- Oldest spiritual community
- Word of God
- Community Praise of God
- The Rule



# Jesuit

- St. Ignatius of Loyola, Century
- S.J.
- Spiritual Exercises – written by St. Ignatius
- The Examen
- Finding God in All Things

