The spiritual disciplines, now come in a book that you walk through yourself, or with a small group. The original intent of these were to be a guided exercise between you and a priest. When I got there, I really wanted to be led to the spiritual disciplines. The Director of the retreat center put me in touch with the spiritual center and they had a priest who was available to help me. We had three sessions, and they were very different than the book. He had been doing this for 40 years, and he was led by the Holy Spirit. He had a very thick Spanish accent, so I struggled to grasp all the information. Luckily, he read everything with me, and gave me the handouts.

This is a tribute to the amazing way that our God works. In our first session, he gave me seven handouts, one of which had the Bible verse that I used and relied on when Mike Khougaz died. I started crying when he read it. Of all the places in the world, I could be at that moment, for him to pick the one verse out of all the books in the Bible that had significant meaning to me, further proves that God finds us no matter where we are.