

## Parish Directors: Catechist Retreat Day— Handout 2

1. What is Spirituality?

---

---

2. What insights or challenges did you get from the podcast?

---

---

3. Comment on the quote: “We are spiritual beings trying to be human.”

---

---

---

---

4. What discoveries have you made about God’s action in your life?

---

---

---

---