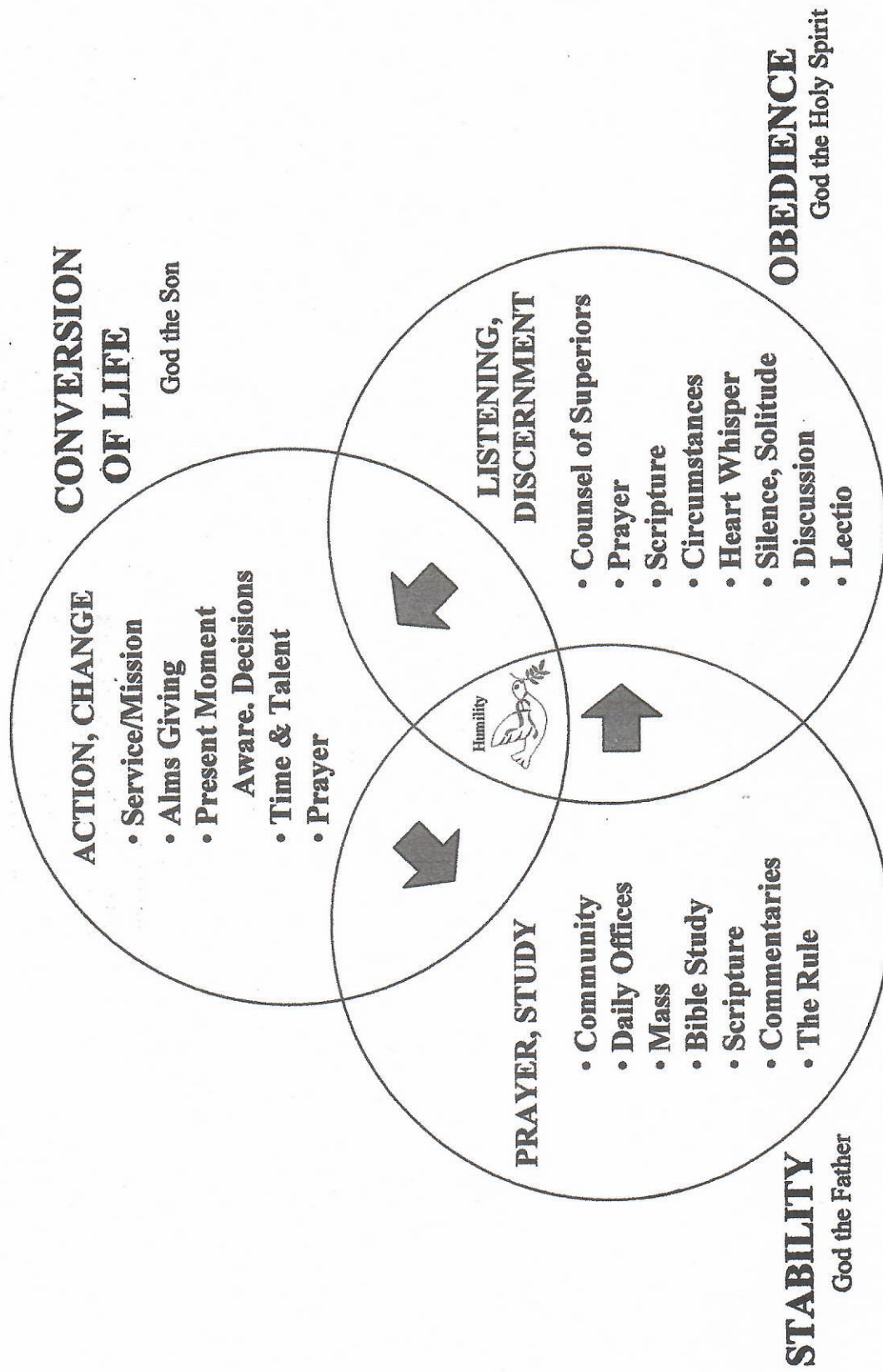


The Three Pillars of Spiritual Formation¹



¹Based on the Benedictine tradition