



# Four Movements of the Heart

**A Course for the Laity of the Chevalier Family**



Saturday, 16 May 2026

Saturday, 23 May 2026

Saturday, 13 June 2026

Saturday, 20 June 2026



1:30 - 2:30 PM (GMT+8)  
(Manila, Philippines)



Zoom



English



**Sr Merle Salazar FDNCS**

Facilitator



# Four Movements of the Heart

## Course Description

This session invites Lay members of the Chevalier Family to explore how the charism of the Heart of Jesus becomes a lived spirituality through the four movements by Fr Cuskelly: through the process of – **Awareness, Encounter, Formation, and Mission**. These movements offer a practical and life-giving pathway for living a Spirituality of the Heart in everyday life.

We begin by going down into the depths of our own hearts, growing in awareness of our profound human need for life, love, and meaning. From there, we are led into a personal encounter with the Heart of Christ, where our deepest questions and longings find their response.

This encounter gradually allows our hearts to be fashioned by the Heart of Christ, forming us into people with understanding and compassionate hearts—open to feeling with, caring for, and giving ourselves to others. Rooted in this formation, Lay members are then sent on mission to follow Christ who loved with a human heart. Grounded in his love, they are empowered to live their vocation in family, work, parish, and society with hope, courage, and perseverance, even in the face of challenges.

The session is grounded in the conviction that the 21st-century human heart deeply craves a Spirituality of the Heart. Yet for this spirituality to be truly embodied, it requires intentional formation and ongoing accompaniment. Lay members of the Chevalier Family are invited to reflect on how they can be guided and accompanied through these four movements—**Awareness, Encounter, Formation, and Mission**—so that the Chevalier charism is not only understood, but becomes a lived and transforming way of life in the world.

Sr Merle Salazar will be the facilitator for the 4 sessions in English.

**COR VITAE**  
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## Zoom Details

### Saturday, 16 May 2026 (Session 1)

1:30 – 2:30 PM (Manila, Philippines)

Join Zoom Meeting

<https://us06web.zoom.us/j/81501901241?pwd=aYzN3LRGC0MGIH4PkvldB9RznBa8SB.1>

Meeting ID: 815 0190 1241

Passcode: 730474



### Saturday, 23 May 2026 (Session 2)

1:30 – 2:30 PM (Manila, Philippines)

Join Zoom Meeting

<https://us06web.zoom.us/j/81488719644?pwd=msUFnKWKKSBUdPMvJ6QQSaxNubYLBa.1>

Meeting ID: 814 8871 9644

Passcode: 774769



### Saturday, 13 June 2026 (Session 3)

1:30 – 2:30 PM (Manila, Philippines)

Join Zoom Meeting

<https://us06web.zoom.us/j/82297808661?pwd=I9d39wNd9K037IbQ4DkZmcHJeBdLu5.1>

Meeting ID: 822 9780 8661

Passcode: 497320



### Saturday, 20 June 2026 (Session 4)

1:30 – 2:30 PM (Manila, Philippines)

Join Zoom Meeting

<https://us06web.zoom.us/j/82880539248?pwd=7e5fzLZeLeZbQuq1ldA9yayQFny6ur.1>

Meeting ID: 828 8053 9248

Passcode: 874114





## Session Schedule

The sessions will be held via Zoom on four Saturdays:

**16 May, 23 May, 13 June, and 20 June 2026**

**1:30 – 2:30 PM (Manila, Philippines)**

### Indicative Time Zones

(Check the local time against Manila, Philippines time)

<b>11:30 PM – 12:30 AM</b> El Salvador Guatemala Mexico City <b>1</b>	<b>5:30 – 6:30 AM</b> Burkina Faso Senegal <b>5</b>	<b>11:00 AM – 12:00 PM</b> India (Bangalore) <b>8</b>	<b>2:30 – 3:30 PM</b> Japan (Nagoya) South Korea (Seoul) <b>11</b>
<b>12:30 – 1:30 AM</b> Columbia Ecuador Peru <b>2</b>	<b>6:30 – 7:30 AM</b> Cameroon Congo-RDR (Kinshasa) England <b>6</b>	<b>12:30 – 1:30 PM</b> Indonesia (Jakarta) Vietnam (Ho Chi Minh City) <b>9</b>	<b>3:30 – 4:30 PM</b> Australia (Sydney) Papua New Guinea (Port Moresby) <b>12</b>
<b>1:30 – 2:30 AM</b> Dominican Republic Venezuela USA (Pennsylvania) <b>3</b>	<b>7:30 – 8:30 AM</b> Belgium France Germany Italy Nambia <b>7</b>	<b>1:30 – 2:30 PM</b> Philippines (Manilla) <b>10</b>	<b>5:30 – 6:30 PM</b> Fiji Kiribati (Tarawa) Wallis and Futuna <b>13</b>
<b>2:30 – 3:30 AM</b> Brazil (Sao Paulo) Paraguay <b>4</b>		<b>7:30 – 8:30 AM</b> Slovakia South Africa Spain Switzerland The Netherlands <b>14</b>	<b>6:30 – 7:30 PM</b> Tonga <b>14</b>

