
Spiritual Life Center

Walking Together with the Spirit

WHO WE ARE

The Spiritual Life Center is a community born of faith, gathered in love, and led by the Spirit to seek oneness with the Mystery that we call God.

WHAT WE DO

We are called to tend the Holy in the souls of individuals, groups, and the world by cooperating with God to:

- * invite and nurture
- * equip and sustain
- * heal and transform

through the ministry of spiritual direction.

WHAT WE OFFER

SERVICES

- * Individual and Group Spiritual Direction
- * Individual and Peer Supervision

PROGRAMS

- * Spiritual Direction Internship
 - * Pathways of Spirituality
 - * Workshops, programs & retreats on various topics and disciplines relating to the spiritual life.
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Spiritual Life Center
303 Tunxis Road
West Hartford, CT 06107
Phone: (860) 243 - 2374
www.spiritlifectr.org

DIRECTIONS TO THE CENTER

From the West

Take I-84 East towards Hartford to Exit 39. As you get off the exit, turn right at the first light onto Route 4 East (Farmington Avenue). At the next light (about 200 yards ahead), turn right onto South Road. Continue down a hill and through the next light. Take the first left after the light onto Middle Road. The retreat house is about one and one-half miles down Middle Road on the right side. *Note: Middle Road becomes Tunxis Road as you approach the retreat center.*

From the East

Take I-84 West towards Hartford to Exit 40. As you get off the exit, turn right onto Ridgewood Road. At the second light, turn left onto Tunxis Road. The retreat center is about one and one-half miles down on the left side, shortly past a lake.

From New York City and points south

Take I-95 North to New Haven. In New Haven, take I-91 North toward Hartford. Once in Cromwell, take Exit 22 onto Route 9 North toward New Britain/Middletown. Once on Route 9, follow directions for "From the east shore" (see below).

From Massachusetts and points north

Take I-91 South to Hartford. Take Exit 32A onto I-84 West. Follow I-84 West to Exit 40. As you get off the exit, turn right onto Ridgewood Road. At the second light turn left onto Tunxis Road. The retreat center is about one and one-half miles down on the left side, shortly past a lake.

From the east shore

Take Route 9 North to Middletown. At the end of Route 9, turn onto I-84 East. Take Exit 40 (first exit). Turn right at the first light (towards Westfarms Mall). Take a right at the next light. Proceed under the highway, get into the left lane and turn left onto Ridgewood Road. At the second light, turn left onto Tunxis Road. The retreat center is about one and one-half miles down on the left side, shortly past a lake.

From Rt 44 & Mountain Rd, West Hartford

Head South on Mountain Rd for 2.6 miles. Continue onto Sedgwick Rd (0.2 mi). Turn right at Ridgewood Rd (0.2mi). Take the first right onto Tunxis Rd. The retreat center is about one and one-half miles down on the left side, shortly past a lake.

At the Elevator Entrance

Take the Elevator to the second floor, then continue right in the hallway to the large room at the end.

PATHWAYS OF SPIRITUALITY

Fall 2011 Semester



**Spiritual Life
Center**

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Pathways of Spirituality is a two-year program provided by the Spiritual Life Center of West Hartford, Connecticut.

Pathways of Spirituality is a two-year, four unit program for men and women seeking to broaden and deepen their experience of spirituality. Participants will be enriched by exposure to practices and disciplines of various spiritual traditions. The program is experiential in nature and emphasizes the importance of building community in an atmosphere of diversity in order to strengthen the experience of spiritual growth. It is supplemented by a Pathways website which provides links to additional resources and information.

Participants may register for **any one or all** of the units; classes meet on alternating Monday evenings from 7:00 to 9:00 p.m. Each unit includes a one-day retreat (usually a Saturday).

PROGRAM OUTLINE

In community and through presentations, listening, sharing, contemplation, directed writing and creative expressions, participants will explore the following four units:

Encountering the Divine: Unit 1

Fall 2010

Topics Include

- * Images and Names of the Divine
- * Metaphors for the Journey
- * Spirituality and Religion
- * Abrahamic Faiths
- * Energy Work and Eastern Wisdom
- * Earth Wisdom

Relationship With the Divine: Unit 2

Spring 2011

Topics Include

- * The One, Two, Three of God
- * Beliefs and Sacred Texts
- * Authenticity
- * Spirituality and Addictions
- * Spiritual Practices
- * Spirituality and Science
- * Synchronicity, Awakening and Mysticism

Called to Community: Unit 3

Fall 2011

Topics Include

- * All in the Family
- * Body, Mind, Spirit in Society
- * Blessings and Challenges of a Spiritual Community
- * Ritual and Community
- * Suffering, Death & Grief in Community
- * Project: Your Ideal Spiritual Community

Sent in Service: Unit 4

Spring 2012

Topics Include

- * The Call to Service
- * Responding to the Call of Justice
- * How Am I Called to Peace?
- * Listening to the Earth
- * Spirituality and Service
- * Compassionate Power
- * Sent in Service

APPLICATION

Those seeking admission to the Pathways program are asked to complete an application which will be found at spiritlifectr.org or by calling the Spiritual Life Center. There are rolling admissions until limited slots are filled. Personal interviews with Pathways staff will take place after materials are received. Applicants chosen for admission will be notified when the interview process is completed. Please apply early to ensure a place in the program.

COST

The cost of the program is \$375 per unit. In addition, there is a \$25 non-refundable application fee.

Limited scholarship funds for this program may be available. Please call the Spiritual Life Center for further information.