



The Source

Winter 2012

Newsletter of the Spiritual Life Center

Volume 23 - Number One

2012 Highlights -- New Opportunities & Old Favorites

Introducing Our First On-Line Program -- January Reflections: Winter's Evening Meditations

This online program is an invitation for you to deepen your spirituality through contemplation and reflection on how the Divine is present in your life. Program participants will be offered an opportunity to reflect on **Spirit of Gratitude, A New Creation, and Spirit of Community** over three weeks in January. At the end of the month, we will meet as a group at the Spiritual Life Center to share our reflections.

For additional information visit www.spiritlifectr.org

The Tenth Anniversary of Living Spirit Awards Dinner and Auction

Join us on Monday, May 14, at the Tower Ridge County Club in Simsbury as we honor an individual and an organization that exhibit:

- Witness of faith through service
- Openness to people and organizations of diverse faith backgrounds
- Commitment to sharing spirituality with the larger community
- Witness to the possibility of transformation of individuals, organizations and structures

A Special Group Spiritual Direction Experience: God and the Contemporary Scientific Understanding of the Universe

As we learn more and more about the Universe, we wonder more and more about The One from whom it all emerged. This "Wondering" is a Gift, calling us Deeper and Deeper. Join other searchers for a six session program of group spiritual direction, focused on exploring an expanding understanding of who God is. We will begin by viewing the new epic film, "The Journey of the Universe." Subsequent sessions will explore "The Powers of the Universe." For additional information, visit www.spiritlifectr.org

The Spiritual Life Center's 30th Anniversary

Coming in the Fall -- Watch for details soon!

Spiritual Direction Internship

The Spiritual Direction Internship begins a new two-year session. This is a one-of-a-kind experience of growth and discernment of the call to the ministry of Spiritual Direction within a community context. Participants from varied cultural backgrounds and diverse faith traditions gather for this time of discernment.

For additional information or to apply, visit www.spiritlifectr.org

For details on additional programs and events check out our website: www.spiritlifectr.org

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Pastoral Discernment Leader

Diane Reynolds
Administrative & Financial Leader

Sarah Annis
Events & Program Cultivation Leader

Andrée Grafstein
Internship Coordinator

Rev. Rose Petronella
Pathways Coordinator

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Mission

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 is God.

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.

Margaret's Musings...

A Wasted Day A Meditation for a New Year

This was the plan: Arrive in Detroit by about 2pm so that I could meet my colleague, Nancy. From there, she and I would set out on a four hour drive to Villa Maria in Pennsylvania. The next morning Nancy would present a day long workshop entitled, "Transformation in a Time of Uncertainty." I would be observing as my role was to design the follow up to the workshop. An estimated 6-7pm arrival in Pennsylvania would give us plenty of time to arrive leisurely and be ready for the next morning. That was the plan.

I left the house at 7:45am, arrived at Bradley and was leaving my car for the weekend at a reputable parking service. A woman in her early thirty's was checking in ahead of me. She had a four-year-old girl with her, and was obviously expecting a second child. As both of us were making the necessary arrangements, one of the shuttle buses pulled out of the parking lot, departing for the brief trip to the airport. All of a sudden the little girl began to cry. When her Mom inquired as to what was wrong she said, "I wanted to go on the bus." Mom and I smiled at each other, and she reached down to hug her daughter. Out of the corner of my eye I spotted a second shuttle pull into the lot. "Look," I said to the little girl, "there's another bus, you can go on that." Her eyes turned the window, she saw the bus, and the tears stopped.

A few minutes later as I was boarding the bus, I was startled to be greeted with, "I am going to Disney World." It was the same little girl, barely able to contain her excitement. Dad had rendezvoused with the family at this point and he just smiled and hugged his little daughter. As all of us sat and waited for the bus to depart, I noticed that the little girl turned to her Mom and hugged the protruding tummy. "Oh," Mom replied, "You are hugging the baby." I smiled with delight thinking to myself, "What a lovely way to begin the day."

Things proceeded smoothly...at least for a while. The line for security was short and uneventful, I bought a copy of the New York Times to read on the plane, and departure for the first leg of the trip to DC was on time. I ate a snack I had brought along and made a quick call while I waited for the connecting flight. Just before boarding the flight to Detroit I received a call from a friend who, "just wanted to hear my voice." How nice!

I settled in on the smaller plane for the quick fifty-minute flight. The woman next to me had some trouble with her baggage but we helped each other out so it would work for both of us. I learned while waiting for take-off that she had buried her father the prior week and now was on her way for parents weekend at U of M. The plane began to move and I thought to myself, "Good, we're on our way." Next came the pause before take off, or so I thought. Wrong. The captain's voice, a woman, sounded through the cabin. "Sorry ladies and gentlemen, we seem to have lost our mileage calculator.

continued ~ page 8

.....And In With The New!

by Pamela Morrison-Wolf
~ Board President

Happy New Year! We hope the holidays past have nourished your spirits as we move into 2012.

We are very excited about the prospects and possibilities of this year. For starters, we welcome four new members to the Board of Directors this month: Emily Estes, Ann Jones, Yehezkel Landau, and John Lemega. You will learn more about them in our Spring newsletter, but suffice to say that each was invited because of the unique experience and talents offered to our community.

2012 also offers new ways to serve our mission. We are broadening our interfaith focus, offering group spiritual direction, expanding our presence to off-site locations, and exploring the connection between spirituality and nature. It will be a very creative year!

On a more pragmatic note, if you haven't had the opportunity to make your Annual Appeal contribution yet, we would greatly appreciate it if you would do so. We do offer the Paypal option on our

website. We recognize that many have been adversely affected beyond their control by the current fiscal situation. Please know that we will be grateful for whatever donations you might make.

Peace and blessings for the New Year!



Applying for the Next Internship Class

The Spiritual Direction Internship is a two year training program for those interested in the ministry of spiritual direction. Classes meet on Wednesday evenings on an academic schedule for four semesters. Classes include didactic sessions and group process experience. The didactic sessions focus on foundations in spiritual direction, supervision in spiritual direction, and foundations from related disciplines. The group experiences include work in dyads and triads, peer supervision, and experience cycle groups. In addition to the Wednesday evening classes, interns participate in their own ongoing monthly spiritual direction, individual supervision, seeing directees for spiritual direction, an annual overnight directed retreat and a full day continuing education program each semester with the larger community of spiritual directors. Classes are supported by reading assignments, reflection papers and an online Interfaith Internship website. To visit a sample of the Internship website go to www.sdinternshipsitesample.wordpress.com.

Applicants typically come from all walks of life and have diverse faith, work and ministry experiences. Those best prepared have had ongoing spiritual direction for themselves for a year in advance of the

Internship. Applicants who are looking for a spiritual director are encouraged to contact the Center for an Intake appointment. In addition to an applicant having ongoing spiritual direction, we look for men and women grounded in a faith tradition, faithful to a practice of prayer/meditation, engaged in some form of ministry and sensing a call to the ministry of spiritual direction.

Brochures and applications for the 13th class of interns in the Spiritual Direction Internship Program are now available on the Spiritual Life Center website www.spiritlifectr.org or by calling the Center office at 860-243-2374. Prospective applicants are welcome to call the Center and arrange for a "meet and greet" as they discern their readiness and call to this training program. Applications are due in the Center by April 12, 2012. Interviews will begin in May 2012.

Thanks are extended to all our readers for getting the word out about this unique program! Brochures for you to distribute are available from the Center.

For more information regarding our Internship Program go to www.spiritlifectr.org

The SLC in the Community



Pamela Morrison-Wolf at the
Hartford Interfaith Prayer Breakfast

We're delighted that the Spiritual Life Center staff and board continue to receive a wide variety of invitations to speak or write on issues relating to spirituality. Recently, Sarah Annis published an article entitled, "Walking Together With The Spirit" in CONNtact, the Connecticut Conference, United Church of Christ's quarterly newsletter. Please visit their website to read the article: www.ctucc.org/news/conntct. Margaret Galiardi delivered a lecture entitled "Pausing to Stop and Reflect" for the Executive Leadership Orientation Program of Leadership Greater Hartford. She also was the guest presenter for a three part Advent program at St. Patrick - St. Anthony parish in Hartford, where she gave homilies on "The Journey of St. Joseph." Andree Graftstein facilitated a week of discernment for the staff of St. Bartholomew's Church in Manchester. She also presented a two session program on "Images of Jesus" with Rev. Tom Carr of the First Baptist Church in West Hartford. Pamela Morrison Wolf, SLC Board of Directors president, delivered the key note address at the Hartford Interfaith Prayer Breakfast.

Should you have need of a speaker at your place of worship or other organizations with which you are affiliated, please keep the staff and board members of the Spiritual Life Center in mind. Thanks!

Spotlight on Board Members

Douglas Morrill

Doug began his professional career as a teacher at Kingswood-Oxford School in West Hartford, CT. In 1980 he joined the Corporate Education Department of the Hartford Insurance Group. During his 25-year tenure with The Hartford, Doug held a variety of management positions in planning, market strategy and product development. Doug took early retirement from the Hartford and in 2005 became Director of External Affairs for the Forman School, in Litchfield, CT, where he managed the admissions, development, marketing and communications functions.

Doug is a graduate of Trinity College in Hartford, and has a Master's Degree in Business Administration from the University of Hartford. He also holds the professional designations of Chartered Property and Casualty Underwriter, Associate in Risk Management and Associate in Research and Planning. Doug is past president of the Connecticut Chapter of the Chartered Property and Casualty Underwriters. He is a member of the First Congregational Church of Bloomfield, CT, and has served as chair of the Stewardship Committee and chair of the Church Council. In 2010-2011 Doug was co-chair of the Special Commission on Financial Sustainability for the Connecticut United Church of Christ.



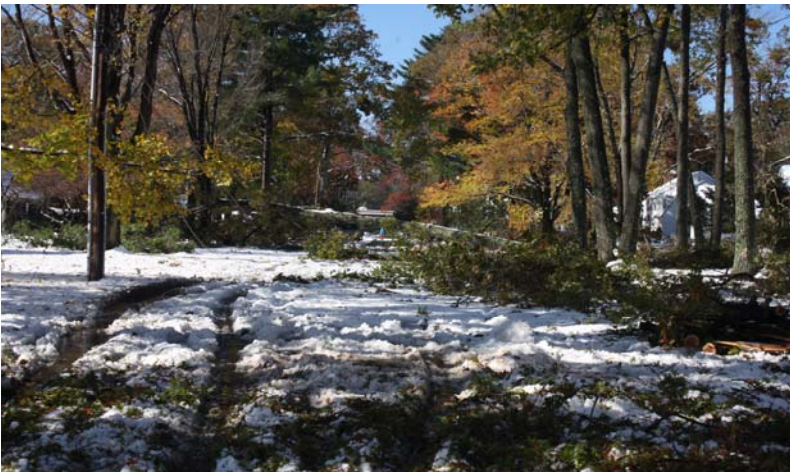
Reflection on the Reflection

by Mary Blume

Does the “Halloween snowstorm” seem like a distant memory, or are you still looking at piles of debris, “hangers” in the trees and bills you didn’t plan on? Soon after electricity returned to the remote corners of the state, nine of the “re-enlightened” gathered to reflect on their experiences of the storm, using a process called *theological reflection*.

We began by looking at the events and our *reactions and responses* to those days in the dark. Fear, confusion, and the sense of isolation were among the many feelings that surfaced. Generosity and adventure were two of the positive spins. The second phase, *social analysis*, helped us notice the many organizations that assisted in restoring order, as well as those that added to the problem or seemed unresponsive. After this we reflected on *where God was* for us in the whole event, and lastly, *where do we go* with all of this. Is there some action that we are called to, individually or as a group, as a result of this expanded awareness?

Sr. Margaret Galiardi guided the process and together we gathered a larger picture than any one of us possessed individually. Hearing each other’s stories drew us into more compassion for the fright and disconnection, anger and bone-chilling nights so many endured. But it



also put us in touch with the loss of trees and the extreme damage to the environment we New Englanders treasure. As a group, we connected in the stories of generosity as well as in the powerlessness and anger at the mismanagement by key systems. All of us seemed to agree that God’s presence was felt in the outreach of friends and the unexpected acts of kindness and courtesy. The fact that no one was exempted from the storm’s effects reminds us that we are all equal before Mother Nature. It seems possible that God weeps with us at the torn flesh of broken trees. Finally, there was a sense that we have all been issued a warning that

our planet is like a vulnerable creature, and as stewards of its care, we all share in the urgent call to watch how we tend her precious resources.

Perhaps some of the closing comments offered in response to the question “Where do you go with it all?” will resonate with you: All around us there is an unrest that abounds. Turn to God in your fear. Pay attention to what is right in front of you. Be more alert, proactive. Notice when and where you are not compassionate. Be more aware and supportive when disasters are occurring.

Needless to say, this experience of shared reflection on a significant event has broadened and deepened our own awareness of what took place and challenged us to open our hearts and vision to God’s desire for all of creation.



Pictures by Jay & Diane Reynolds

A Pathways Experience: Your Ideal Spiritual Community

by Joe Colletti

On November 28, 2011, the participants of the Pathways of Spirituality program gathered to share their insights about what would be their “Ideal Spiritual Community.” This evening was the culmination of the Pathways’ Unit III, “Called to Community.” On the surface, the assignment for the night seemed simple enough: to write a summary of what your ideal spiritual community would look and feel like. All of the participants soon discovered that, whereas it was relatively easy to describe what they didn’t want in a spiritual community, it was much more difficult to create one. They had been given some questions for reflection as they developed their ideal communities but most of them found that they needed to go beyond the questions and delve more deeply into what was truly most meaningful and sustaining for each of them.

After a brief reflection to begin the session, the participants began to share their “ideal” community with the rest of the group. As this sharing progressed, it soon became obvious how profound and deep the spiritual soul searching had been for each participant. Each presentation was unique and quite different. Some participants had communities that met out in nature while others gathered in specialized buildings that reflected the diversity of faiths and practices of those who came together. There were insights about the relationship between “community” and “spiritual community.” There was an “academy” for spiritual growth, as well as many small groups of people who came together on a regular basis to share their spiritual journeys with each other. There was also an example of a community of one person in transition who at the moment wanted to float among a variety of faith traditions and practices, without commitment to any one in particular.

Underneath this entire discussion-- and what made this evening such a powerful experience – was the depth of the sharing and the vulnerability of the participants in their sharing of what was most deeply spiritual for them. It was one of the most profound sharing experiences of the entire Pathways program.

So here is the Pathways challenge to our readers: What is YOUR “Ideal” spiritual community? What would it look and feel like? How would it be related to the other “communities” to which you belong?

To consider a Buddhist view of spiritual community, go to <http://www.youtube.com/watch?v=VNgWdceYQsS> .



(L to R) Back Row: Joe Colletti, Ruth Hertel, Carolyn Cushing, Kim Gottier, Rose Petronella, Holly Kruzshak, Anne Farnum, Al Rod Dornan, Jane Formica, Anne Dante Carroll Front Row: Margaret Galiardi, OP, Chuck Obuchowski, LindaLee Jezierny Not Present: Christine Farber

News from the Internship Class of 2012

by
Andrée Grafstein

How quickly time passes! The fourth and final semester of the Spiritual Direction Internship begins Wednesday, January 18, 2012. The focus of this semester is on peer supervision, individual supervision, the Experience Cycle and a variety of special topics including: Dreams in Spiritual Direction, Spiritual Direction and Sexual Abuse, and Spiritual Direction and 12-Step Spirituality. It will also include a class open to spiritual directors for continuing education.

A few interns have shared their reflections on the Internship experience thus far and have commented:

Jayne Dean, a psychotherapist in private practice: "The whole experience expands and deepens me at the same time. There is a treasure and a nugget to take home with me each week that I can work with and that works on me. The website provides diverse resources gathered in one place and is filled with wisdom voices. My peer supervision experience is magical, indescribable and remarkably full of grace."

Joe Marsan, a mortgage consultant: "The Spiritual Direction Internship Program has been a wonderful learning, life-giving and life-transforming experience! The instructors' and special guests' insights and wisdom; the shared knowledge and experience of the partnering spiritual directors and of my fellow classmates; all that I have learned from what I have read; and especially the transformative experience of receiving and giving spiritual direction and supervision, are all such rich God-given gifts. I eagerly await what the final semester has in store!"

Lois Happe, a retired UCC pastor: "I entered the Internship Program with a question. In the course of our time together, the question has been confirmed as the right question whose answer will continue to unfold as long as I'm alive: "What's next?" Living into that answer means accepting Mystery as the truth of our spiritual selves, trusting the wisdom of what surfaces from our depths, and holding all that we discover with compassion. Not a map, exactly, but enough."

Janice Lautier, a retired special education coordinator and a chaplaincy student: "The Internship Program gently opens the doorway further and beckons. Once inside you find yourself with a group of people who honor and celebrate God. God is present during the sessions, perhaps differently for each of us. Those carefully orchestrated sessions suggest possibilities. Truly tremendous growth is possible. The space needed for that growth is honored with grace. It is a very unique and special experience."

Thanks is extended to all who make this program possible!

Details Coming Soon Two *New* Programs During Holy Week

Death-Resurrection: The Deep Mystery of God
Monday-Wednesday, April 2-4, 2012, 7:30-9 am

Join us for an exciting exploration of how the Universe Story can broaden and deepen our understanding of the Easter Mysteries and how in turn, the Easter Mysteries challenge us to fall deeply in love with this world.

**Passover and Easter: Internalizing our Sacred Stories for the Sake
of our Common Liberation**
Tuesday, April 3, 2012

Margaret's Musings...

Continued

Repairs will be out here and hopefully we'll be on our way shortly. "Shortly" turned into a cancelled flight, a mad dash for customer service, an extremely long and slow moving line, and a flurry of phone calls back and forth to Nancy. My concern was that it was raining—hard--and she needed to get on the road so as to arrive in time to be in shape to present the next day.

Could other arrangements be made? Might I fly into Cleveland and we could meet there? In the end there was nothing that would work. Regretfully, Nancy and I both agreed the only sensible thing was for me to return to Bradley. I booked a 5pm flight back, had a late lunch, and before I knew it, I was heading right back where I started.

The flight back to Hartford was full and noisy. There were about twenty exchange students from Madrid on the flight. They just finished some touring in DC and were on the way to meet their host families. I had the good fortune to be seated next to one of them. He was a shy and lovely young man. With my limited Spanish, and his limited English we managed some conversation.

The plane landed, I picked up my car, and by 7:45pm, I was sitting in the chair my living room, right back were I started--almost exactly twelve hours earlier! "What just happened?" I asked myself. "Was this a wasted day?" "Ordinary consciousness" would respond overwhelmingly in the affirmative: It was a completely wasted day; I never got where I needed to go and absolutely nothing was accomplished. Not only time, but money also was wasted.

My deep self—the self who works at mindfully being present to the present moment—mercifully spoke up and over-ruled ordinary consciousness. She asked, "What about the little girl you consoled, or that wonderful moment of watching a child hug her unborn sister or brother? Then there was the joy of just relaxing and reading the newspaper on the flight to DC. How about the moment of receiving a phone call and hearing a friend say, 'I just wanted to hear your voice'? And what about the words of consolation to the woman who lost her Dad? Then there was the genuine concern that you and Nancy expressed as you tried to make other arrangements, and the disappointment and mutual affection expressed when we knew it just wasn't going to happen. And, living somewhere around Hartford, at least for a while, a young man from Madrid has memories of a woman telling him of the beauty of autumn in New England."

The Buddhist monk Thich Nhat Hanh, coaxes us into being present to the present moment. He tells us, "This moment, every moment: This is it." Learning to live this way brings unparalleled joy and peace. Woody Allen comes to mind: This *is* as good as it gets—and it was anything but a wasted day! It's also very timely wisdom at the beginning of a new year. May all beings experience it as blessing!

~ Margaret Galiardi, OP



Save The Date!

March 26, 2012

Wisdom Day

Topic: Spirituality & Mental Health
Location: Holy Family Conf. Room
Offering: \$65-75

“Like” the
Spiritual Life Center on
Facebook

(Find it on the SLC website)

**Living Spirit Awards
Dinner & Auction**

10th Anniversary Year

Monday, May 14, 2012
Tower Ridge Country Club

You Can Make A Difference!

Did you know that it is possible to increase your income, lower your taxes, build a greater inheritance for your heirs and leave a lasting legacy to the Spiritual Life Center....all at the same time? The 2010 Tax Relief Act has created opportunities to achieve each of these objectives.

The Spiritual Life Center is prepared to assist you (through your attorney or accountant) in setting up the appropriate documents. If you are interested in learning more about how to do this, please call the Spiritual Life Center.

It all begins with a conversation -- Call today. (860) 243-2374

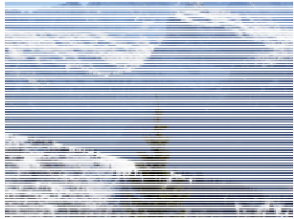
Spiritual Life Center's 30th Anniversary

The 30th anniversary of the SLC is coming up in October 2012. Please have your calendar ready to join us for special programs and events to be held throughout our anniversary year!



Spring 2012 Programs

Spiritual Life Center * 303 Tunxis Road * West Hartford, CT 06107 * (860) 243-2374 * www.spiritlifectr.org



Introducing Our First On-Line Program January Reflections: Winter's Evening Meditations

This online program is intended to be an invitation for you to deepen your spirituality through contemplation and reflection on how the Divine is present in your life. Program participants will be offered an opportunity to reflect on Spirit of Gratitude, A New Creation, and Spirit of Community over three weeks in January.

At the end of January, we will meet as a group at the Spiritual Life Center to share our reflections.

This is how the online program will unfold:

Step One:

Starting January 9, each week, for three weeks a webpage on a new spiritual topic will be posted on the *January Reflections* website. This page will include a brief summary of the topic along with several key questions for personal reflection. There will also be internet links to videos, music or text readings to deepen your reflection.

Step Two:

After viewing the website as part of your reflection, each participant is invited to journal his or her thoughts about the subject of the week's focus.

Step Three:

We will conclude by gathering as a group on **January 30th** from **7-9 pm** as an opportunity for prayer as well as sharing of journal writings, reflections, inspirations and insights with each other.

Offering for this program is \$25-35

Upon receipt of payment participants will receive access to the *January Reflections* website by a password assigned to you by the Spiritual Life Center.



***A Special Group Spiritual Direction Experience:
God and the Contemporary Scientific Understanding of the Universe***
January 9, February 13, March 12, April 10, May 8, & June 11, 2012, 5:30-7:30 pm
Spiritual Life Center
Facilitators: Margaret Galiardi, OP, Lois Happe, and Melina Rudman
Cost: \$20 per session; Entire Series \$100

As we learn more and more about the Universe, we wonder more and more about The One from whom it all emerged. This "Wondering" is a Gift calling us Deeper and Deeper.

Join with other searchers for a six session program of group spiritual direction focused on exploring an expanding understandings of who God is. We will begin with viewing the new epic film, "The Journey of the Universe." Subsequent sessions will explore "The Powers of the Universe."

Please bring a brown bag dinner if you so choose.



Taize Worship Services

Second Sundays of the Month

January 8, February 12, March 11, April 15, & May 13, 2012, 5:00 pm
 First Church of Christ, Congregational, 12 South Main Street, West Hartford, CT
 Offering: Free Will

The Taizé worship service is based on worship created by the Taizé Community in Taizé, France. Co-sponsored by the Spiritual Life Center and First Church of Christ Congregational, the ecumenical Taizé Service is a contemporary, contemplative time of song, silence and prayer. It is a time to center ourselves in the presence of God, to let go of the busy schedules of our lives, and be held in God's tender love and compassion. All are welcome.



Breath by Breath Monthly Meditation Group

Co-Sponsored by Holy Family Retreat Center and the Spiritual Life Center

The third Monday of each month:

January 16, February 20, March 19, April 16, May 21, 2012, 12-1:00 pm*

Spiritual Life Center

Facilitators: Brandon Nappi and Ellen Graham

This monthly meditation group will explore how mindfulness practice can enhance our everyday experience of life. Mindfulness is the art of quieting the mind and living in the present moment by gently cultivating inner stillness, attention, and compassion for oneself and others. Our gatherings will provide an opportunity for sitting and walking meditation in the tradition of Thich Nhat Hanh, Eckhart Tolle, and Jon Kabat Zinn along with discussion on mindful living. This time of shared contemplative practice can enhance one's experience of life no matter what one's religious background is. People from all religious traditions or no religious tradition are warmly welcomed.

*If you have not attended previously, please arrive at 11:45 for some helpful hints to enhance your meditation experience.



New Years Yoga and Meditation Retreat

Saturday, January 21, 2012, 9-12pm Snow Date: January 28, 2012

Spiritual Life Center

Facilitator: Nancy Murray

Offering: \$25-35

Give yourself a gift to start the new year off well. This morning retreat will provide you the opportunity to gather yourself and reflect after the holiday season. In this workshop, we will use gentle Kripalu yoga and guided meditation to help focus your mind and spirit on your goals for the new year. In addition to strengthening the body, yoga and meditation can help relieve stress, improve health and provide a path for deepening your relationship to spirit. No experience with yoga or meditation is necessary to fully benefit from this nurturing day. Please wear comfortable clothes and bring a yoga or exercise mat if you have one.

Monday, March 26, 2012

Spring Wisdom Day (In-Service)

Spirituality and Mental Health

Stay tuned for details



Spiritual Life Center

Walking Together with the Spirit

To Register For A Program:

Check it out www.spiritlifectr.org

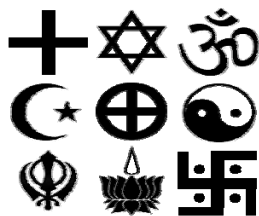
Call the Office: (860) 243-2374

Email : PROGRAMS@SPIRITLIFECTR.ORG

OR

Mail Registration and Check to:

Spiritual Life Center
 303 Tunxis Road
 West Hartford, CT 06107



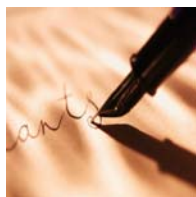
READING IN FAITH *Traditions*

The first Wednesday of each Month, 11- 1:00 pm
 February 1, March 7, April 4, and May 2, 2012
 Spiritual Life Center
 Facilitator: Rev. Sara Jane Munshower
 Offering: \$10

Join us for conversation and community as we explore together a variety of faith traditions through the eyes of persons both well-known and, perhaps, little known to us. You are welcome to attend monthly or as you are able. The Anam Cara Room will be available for reading and quiet conversation before and following our discussions until 2:00. Beverages will be provided. Please bring your book and a bagged lunch. Some books are available for borrowing at the JP Webster Library, First Church, Main Street, West Hartford. www.jpwlibrary.org

The books that will be discussed are the following:

February 1: **The Girl from Foreign**, Sadia Shephard
 March 7: **Silence and Noise: Growing Up Zen in America**, Ivan Richmond
 April 4: **The Wisdom Jesus**, Cynthia Bourgeault
 May 2: **Standing Alone: An American Woman's Struggle for the Soul of Islam**,
 Asra Q. Nomani



Starting Our Own Red Book

Saturday, February 11, 2012, 9:30-11:30 am
 Snow Date: Saturday, April 7, 2012
 Spiritual Life Center
 Facilitator: Rev. Dr. Robert Henderson
 Offering: \$25-\$35

Recently, the private journal of C.G.Jung was published. It is called the Red Book. It is a huge remarkable book that contains Jung's dream images, private writings and breathtaking personal art. It is a witness to Jung's rediscovery of his soul. Often he encouraged others to write their own Red Books, which we will do at this workshop. Each participant is asked to bring a fresh, special Journal and favorite pen as we create our own Red Books. We will preview and discuss Jung's Red Book as we each do private creating (writing, art, dreams, poems, memories, reflections). Suggestions and instruction will be given.



Rescheduled from the Fall: INTERPLAY®: Praying with the Body

Thursday, February 23, 2012, 9:30-3:30 pm
 Holy Family Conference Room
 Facilitator: Lisa Laing
 Offering: \$65-75 includes lunch

InterPlay® is a creative process for personal/community transformation. It uses a system of practices rooted in storytelling, movement, song, and stillness to help you gain access to your own "body wisdom" - what works best for you, what gives you purpose, what makes you fully alive. Participants will engage in an active, creative approach to accessing your physical spirituality, the vessel of the Holy. Dress comfortably for movement. InterPlay® is founded in affirmation and ease. It is accessible to every body, regardless of physical limitation. Bring a favorite, brief holy passage with which we will engage in prayerful movement.



Who Do You Say That I Am
Co-Sponsored by the Montfort Retreat House and the Spiritual Life Center
 Saturday, February 25, 2012, 9-4:00 pm
 Montfort House, Lourdes of Litchfield, PO Box 667, 50 Montfort Road,
 Litchfield, CT 06759
 Facilitator: Andrée Grafstein
 Offering: \$35 includes lunch

“Who do you say I am?” This question, posed by Jesus to his disciples, remains an important question for us today. Our images and experiences of who Jesus is change as we grow and as our life experience and knowledge change.

This day of reflection will use patterns and themes from St. John of the Cross, Cynthia Bourgeault’s *Wisdom Jesus*, and the new cosmology to help participants look at how their images of God change as their spiritual journey progresses.

The day will offer time for prayer, small group discussion and a celebration of the Eucharist.

Registration is through the Lourdes of Litchfield
 860-567-1041 or
 lourdesshrinect@gmail.com



The Role of Zen in the Spirituality of Thomas Merton
Co-Sponsored by Holy Family Retreat Center and the Spiritual Life Center
 Saturday, February 25, 2012, 10-5:00 pm
 Holy Family Retreat Center
 Facilitator: Rev. Robert Jingen Gunn, Ph.D.
 Offering: \$45

From *Zen and the Birds of Appetite* to *The Asian Journal*, Merton wrote about and studied Zen Buddhism extensively. What did he find so appealing about Zen and how did it influence his own spiritual point of view? What do Christians today continue to find compelling about Zen.



Radical Love: The Spirituality of Dorothy Day
 Friday, April 13, 2012, 9:30-4:00 pm
 Spiritual Life Center
 Facilitator: Debbie Pallatto—Fontaine
 Offering: \$50-65 includes lunch

This workshop will provide insight into the personal and public life of Dorothy Day through her autobiography, journals, and articles in *The Catholic Worker*. It will focus on her spirituality and how her faith and values enabled her to respond to God’s calling. Dorothy Day not only read and embraced the Gospel; she lived it by immersing herself in the social issues of the day and by responding to “the least of these.” Through facilitated discussion, reflection, music and journaling, participants will come away with what it means to follow Jesus’ commandment to love one another in their own lives. The legacy of Dorothy’s dedication and commitment to discipleship is one that continues to, in her words, “create a new heaven and new earth wherein justice dwelleth.” Practical suggestions for integrating spirituality and one’s own calling will be offered.