



The Source

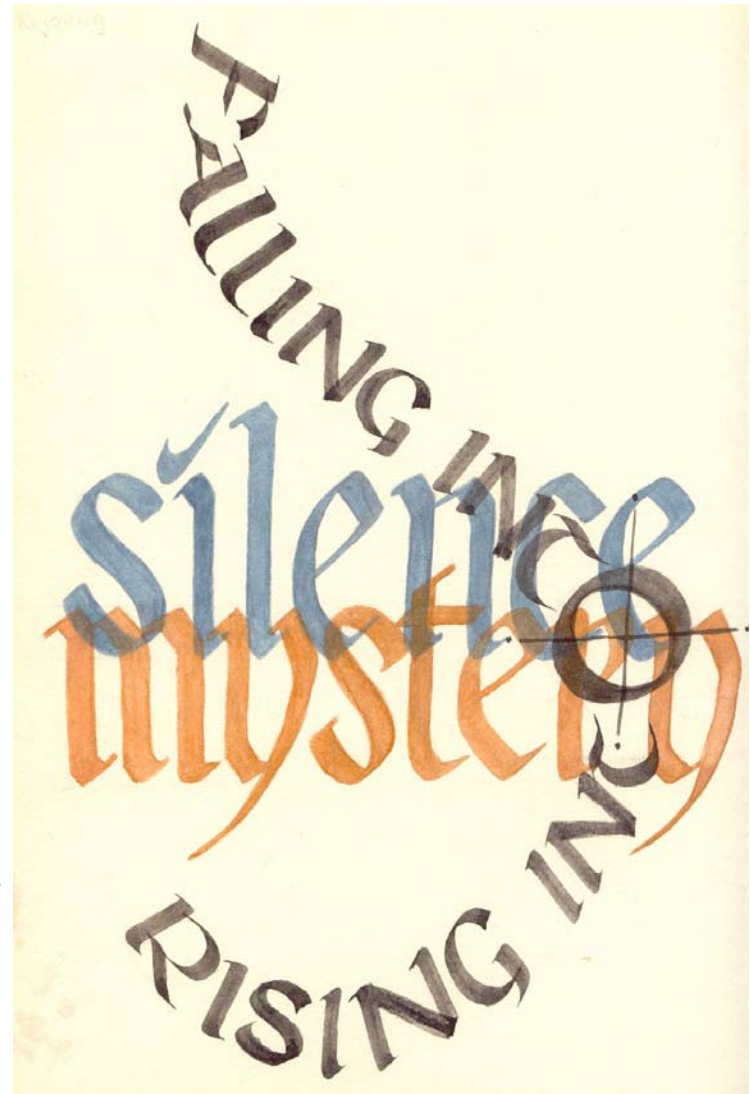
Winter 2011

Newsletter of the Spiritual Life Center

Volume 22 - Number One

**Happy New Year Blessings to you all.
Check out these great opportunities available in 2011.**

- January 22 **New Years Yoga and Meditation Retreat**
- January 24 **Reader's Retreat**
- February 13 **Taize Evening Prayer**
- February 17 **Reader's Retreat**
- February 24 **Insights into 12 Step Spirituality**
- February 26 **Discernment: Noticing and Responding to the Prompting of the Spirit**
- March 12 **Buddhist Practices for Practicing Christians**
- March 13 **Taize Evening Prayer**
- March 19 **Celtic Spirituality: Celtic Creativity**
- March 22 **Reader's Retreat**
- March 24 **Spring In-Service: Healthy and Unhealthy Spirituality with Don Bisson**
- March 26 **Leaving a Spiritual Legacy: Writing a Spiritual Will**
- March 27 - April 2 **A Week of Guided Prayer**
- March 31 **An Evening with Susan Campbell**
- April 2 **A Rule of life: Cultivating a Life with God and Others**
- April 10 **Taize Evening Prayer**
- April 11 **Living Spirit Awards**
- April 27 **Reader's Retreat**
- May 7 **Labyrinth Walk**
- May 8 **Taize Evening Prayer**
- May 21 **LovingKindness with Rabbi Rami Shapiro**
- May 26 **Reader's Retreat**
- June 11 **Outdoor Yoga**



*by Susan Jorgensen,
SLC Associate Director*

For more information see the Programs Pages!

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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.

Cathy's Corner...

In the midst of winter, I found there was, within me, an invincible summer.
Albert Camus, Nobel Laureate

I am writing this reflection in the midst of the darkest week of the year. The temperatures are well below freezing and the wind is literally howling outside my office window. By the time you receive this newsletter, the turning of the seasons will have already brought to us days that are a bit brighter and longer, even if not yet warmer.

Albert Camus' quote has intrigued me for years. I once had a poster in my office with this statement and a magnificent photo of a night sky. I remember reading Camus during my college and teaching years. He was a man committed to truth and reflection on one's experience. He was not afraid to reveal the dark side of the individual or of society. He lived through two world wars and their aftermath. Yet he was able to acknowledge in their midst *an invincible summer*. In awarding him the Nobel Prize for literature in 1957, the committee noted it was given "for his important literary production, which with clear-sighted earnestness illuminates the problems of human conscience in our time."

As we begin a new year, let us reflect on our own time and its darkness. In our winter, where we might find some time for reflection or solitude or making New Year's resolutions, where are we noticing signs of an invincible summer. Where are the sparks of light and hope in the continuing time of war, natural disasters and economic challenges? When is love triumphing over indifference and exhaustion? When is cooperation and collaboration taming the competition within our work places and political arenas? When are the moments of compassion and mercy? When are the moments of genuine care and service?

How is our human conscience being formed by the light? The invincible summer? I believe that it is our faith tradition that holds the promise of new life and new birth. It is the wisdom of our shared spiritual journey that reminds us how the journey is one and that it is the Divine Source that unites us. In John's Gospel we are reminded – *The light shines in the darkness and the darkness did not overcome it.*

May this New Year offer you a blessing of deep peace and light that flows out into our world.

Cathleen Murtha, DW
Pastoral Discernment Leader

Spiritual Direction Internship



How quickly the weeks and months of the first semester of the spiritual direction internship have passed! A community of eleven Interns, four Team members, and four Partners has been gathering Wednesday evenings for classes focused on contemplation and the foundations of spiritual direction and supervision. As the Team journeys with and mentors this class the words of Jamal Rahman (a Muslim spiritual director from California) come to mind: "The oil is already in the lamp, the spiritual director need only kindle the fire." It is a delight to be gathered as a community around this work which we all hold dear.

Bottom Picture--Interns, Partners and Staff
(L to R) Back Row: Trudi White, Denise Bartlett, Oscar Brockmeyer, Lori Bedard, Joseph Harrison-Becker, Wanda Pelletier, Carmel-Lynn Brandi, Lois Happe, Bob O'Connor, Janice Lautier, Andrée Grafstein, Joseph Marsan, Louise Colletti, Kevin O'Keefe, Shohannah Kay
Front Row: Rose Petronella, Jayne Dean, Gina Raymond, Bill Quinn



A Prayer to Ponder

Every year during Advent, I spend time with Jan Richardson's lovely, thoughtful book, Night Visions. There are many pearls within it. Ponder this prayer with me:

"Ancient One who makes all things new, may we receive with gentleness and touch with hopefulness and protect with fierceness and love with tenderness; and may we celebrate with gratefulness and welcome with humbleness and tend with gracefulness all that you give into our care." Amen.

This prayer will take on different meanings for each of us. It may also conjure up multiple meanings based on the contexts in which we ponder it. The line, "May we...tend with gracefulness all that you give into our care," has a unique meaning for me as the President of your Board of Directors. The Spiritual Life Center has been given into the care of your Board of Directors and I truly believe we tend it with gracefulness and attentiveness. We protect it with fierceness, love it with tenderness, and celebrate all that the

Center is and has been for so many. I know we're not alone with these thoughts. Hasn't your heart been touched in a meaningful way by one or many of these: the Internship, Pathways, program offerings, spiritual direction and/or supervision, in-service seminars, the Enrichment Program, or service as a volunteer, Associate Spiritual Director or staff member? For the eight years I've been affiliated with the Center, my life has been made new. Perhaps yours has too. That is one reason why I welcome the Center into my life with humility and with hopefulness once again in 2011. That is why I contribute my time, effort and financial support to the Center. In this time of much needed support for our life-giving Center, my hope is that you do the same. We need your support. We will receive it with gentleness and gratefulness. Blessings to you and yours in this New Year.

*~Joanne T. White,
Board President*

New Leadership Team for the Daughters of Wisdom in the United States

At its Provincial Gathering of the Daughters of Wisdom, October 10-13 at Wisdom House in Litchfield, CT, a new leadership team was chosen after a period of discernment by the sisters. Sister Ann Gray was re-elected for a second four year term as Provincial Leader and Ann Casagrande was also reelected for a second term as Vicar. Both Cathy Murtha and Cathy Sheehan were elected as new members of the Leadership Team.

Cathy will continue to share her time between the Daughters of Wisdom and the Spiritual Life Center, traveling to New York for monthly meetings of the Leadership Team and other activities involving spiritual formation for the Daughters of Wisdom and Associates of Wisdom.

Cathy expressed her appreciation of the communal discernment process that was so Spirit led and affirming of the directions chosen by the sisters. "I feel privileged to be a part of our Leadership Team as

we work together to bring the Way of Wisdom to the larger community."



*New Leadership Team From left to right:
Sister Cathy Murtha, DW; Sister Ann Gray, DW;
Sister Ann Casagrande, DW; Sister Cathy Sheehan, DW.*

Invitation To My Muse

I am listening
I hear you when I am in between
Not here, not there
The place of discomfort,
Uncertainty
Between two worlds
The world of doing
The world of hearing, seeing, sensing, feeling
The world of being
I know now
The signs of your presence
The jittery call to quiet and stillness
In the stillness
You arrive
In a big way
Today,
I heard you
Solitude calls
I have lived my solitude as a problem
Bound in loneliness
Instead of honor
Coming home to myself
I hear you
And you will guide me
Hear me
And come to me
Now

~ Jayne Dean,
Intern, Class of 2012



Pathways of Spirituality

The Pathways of Spirituality program began its second complete cycle in September with fifteen participants, several from as far away as Bridgeport, CT, and Monterey, MA.

The highlight of Unit I, titled "Encountering the Divine," was to welcome interfaith guests on two occasions where they shared some of their spiritual journeys. On Nov 15, when the topic was "Abrahamic Faiths," guests were Fatma Antar, who is Muslim, and Suzanne Stier, who is Jewish. Later that month, for the session titled "Eastern Wisdom," our guest was Radha Radhakrishnan, who is Hindu. All three guests shared their faith stories freely and answered questions from the group. The discussions were lively, revealing, and inspiring. We gratefully acknowledge the richness they brought to their respective topics and to our understanding of spirituality across faith traditions.

Charlie Goodwin, who completed Units II, III, and IV last cycle, graduates in December, 2010, having just completed Unit I. We will miss his thoughtful, good-humored presence among us!

Unit II, "Relationship with God" begins in January. Applications are now being accepted! The topics will include: "Beliefs and Sacred Texts," "Spirituality and Addictions," "Spirituality and Science," among others... Unit II will also include a retreat day for all participants. For more information, contact Rose Petronella, Pathways Coordinator, at 860-346-6987, sacredcircles01@att.net or by calling the Spiritual Life Center at 860-243-2374.

Backyard Haiku

Bird shadows startle
Squirrels scamper hungrily
Writer sits in peace

Plumes of grass remain
atop dried stems still standing
after winter's wrath.

Busy building nests
crows with silenced beaks of straw
forego their cawing.

Wondering slowly
through morning's Mysterious
opening to day.

Curious chipmunk
scurries over garden stones
perennially.

Nature's ornament
Among evergreen branches
Goldfinch lights one up.

A redbird spotted
A gift of color beheld
A countenance lifts.

~ Rev. Sara Jane Munshower,
Member, SLC Board of Directors



Book Review: *The Future of Faith* by Harvey Cox

Until his recent retirement, Harvey Cox was the Hollis Professor of Divinity Emeritus at Harvard. His international bestseller, *The Secular City*, was published in 1965 and is considered a standard of Protestant theology. In his latest book, *The Future of Faith*, written to coincide with his retirement, Cox not only presents his perspective on the history of Christianity, but also his assessment of the movement from dogmatic religion to the return of a faith-based age, the **Age of the Spirit**.

Cox categorizes three periods of Christianity he considers critical in understanding this movement:

The Age of Faith encompassed the first three centuries of Christianity. Cox points out three key findings of recent research which, in his view, has led to a shift in traditional thinking and sets the stage for his view of the future of faith:

- There were a great number of widely dispersed congregations focused on Jesus and his teachings; while these communities had differing interpretations of his teachings, they were united by the same Spirit, creating a sense of community and a shared vision to spread the message of “the coming of God’s Reign of Shalom known to the world.”
- The concept of “apostolic authority” did not originate with the apostles, but was introduced later in history. According to Cox, this has major implications for the “future of global Christianity.”
- Early Christians saw themselves as an anti-imperialist movement that was an alternative to the

rule of the Roman Empire.

The Age of Belief began during the fourth century with the conversion of Constantine and the development of Christianity into a hierarchical, institutional religion based on creeds, orthodoxy and “correct doctrine.” This age continued into the twentieth century. Cox discusses various orthodox beliefs as well as schisms, heresies, fundamentalism and the “de-westernization” of Christianity. He observes that at the end of this period, the belief systems were in the process of fading away, replaced by movement to a positive new period.

The Age of Spirit is the current period which began fifty years ago. Cox maintains that a growing number of Christians are finding that spirituality is replacing organized, formal religion. He examines interfaith movements, the emerging church movement, the growth of Pentecostalism in the world, the decline of fundamentalism, and reforms occurring in other world religions. Cox finds that “religious people are more interested in ethical guidelines and spiritual disciplines than in doctrine” and that “the wind of the Spirit is blowing.” He is very optimistic in reading the signs that point to this **Age of the Spirit** and is hopeful for a return to faith, “breaking down barriers between different religions.”

~Patti Malahan

John P. Webster Library

First Church of Christ Congregational, West Hartford

Welcome to New Board Members

The Spiritual Life Center is pleased to welcome Rev. Emiliano Amat, Elaine Betoncourt, CSJ, Melina Rudman, and Suzanne Stier, PhD, to our Board of Directors. Following is a little more info on one of our newest members:



Elaine Betoncourt CSJ, a Sister of St. Joseph of Chambrey/West Hartford, was a teacher for many years including 5 years spent at South Catholic High School. In more recent years Sister Elaine was a pastoral associate at several parishes in the Archdiocese and in Kentucky where she ministered with the rural poor. Presently, Sister Elaine is a member of the leadership team of the Sisters of St. Joseph, coordinator of her congregation’s CSJ Volunteers in Mission Program, and involved in teaching at the newly opened Grace Academy, a Nativity-Miguel school for girls in Hartford. She is also active with the Office of Catholic Social Justice Ministry Office and the Hartford Catholic Worker. Sister Elaine values the wonderful ministry of the Spiritual Life Center and looks forward to promoting it as a member of the Board of Directors.

Knitting at Catherine's Place on Wednesday Nights

At Catherine's Place on Wednesday nights, needlework is a very enjoyable, uplifting experience. Many of the women began knitting or crocheting as children, a long ago experience taught by mothers and most often by beloved grandmothers. Some nights we have four women learning how to cast on stitches and practicing on small projects such as scarves for themselves. When there are only small amounts of yarn in various colors, some women become creative and make striped scarves. A few of the women are excited about making blankets for newly arrived grandbabies. One of the residents taught another how to make a large crocheted square blanket that will be decorated with crocheted roses for her new granddaughter.

We chat as we knit and pick up dropped stitches or untangle knots in yarn. Sometimes the conversations are about joys or troubles growing up. Other nights the conversation revolves around hot flashes and

concerns about aging. One night recently a resident was talking excitedly about a literature course she's taking and the poetry of Maya Angelou. Children, and particularly grandchildren, seem to be a favorite topic of conversation. There are many lovely creations in progress and each week the women proudly show off the work they have done since the previous Wednesday. The enthusiasm about knitting has been contagious throughout the group and even those who were reluctant to start have picked up on the interest in making something for themselves or loved ones.

One resident wants to do embroidery which she enjoyed doing several years ago. Perhaps soon....

The time goes by very quickly, but it is most enjoyable to be with the women and help them with their new found skills.

~Kathy Chase,
SLC Associate Director

Catherine's Place is a home that turns homelessness to homefulness. It is supported collaboratively by the Franciscan Center for Urban Ministry and Mercy Housing and Shelter Corp.

Boxes and Bows Christmas Tree



The Spiritual Life Center made its first contribution to the Hartford Wadsworth Atheneum Festival of Trees. All of the box decorations on the tree are handmade from recycled cards and calendars.



Pictures by Rick Hartford, Hartford Courant

Save the date for this wonderful event and important fundraiser!

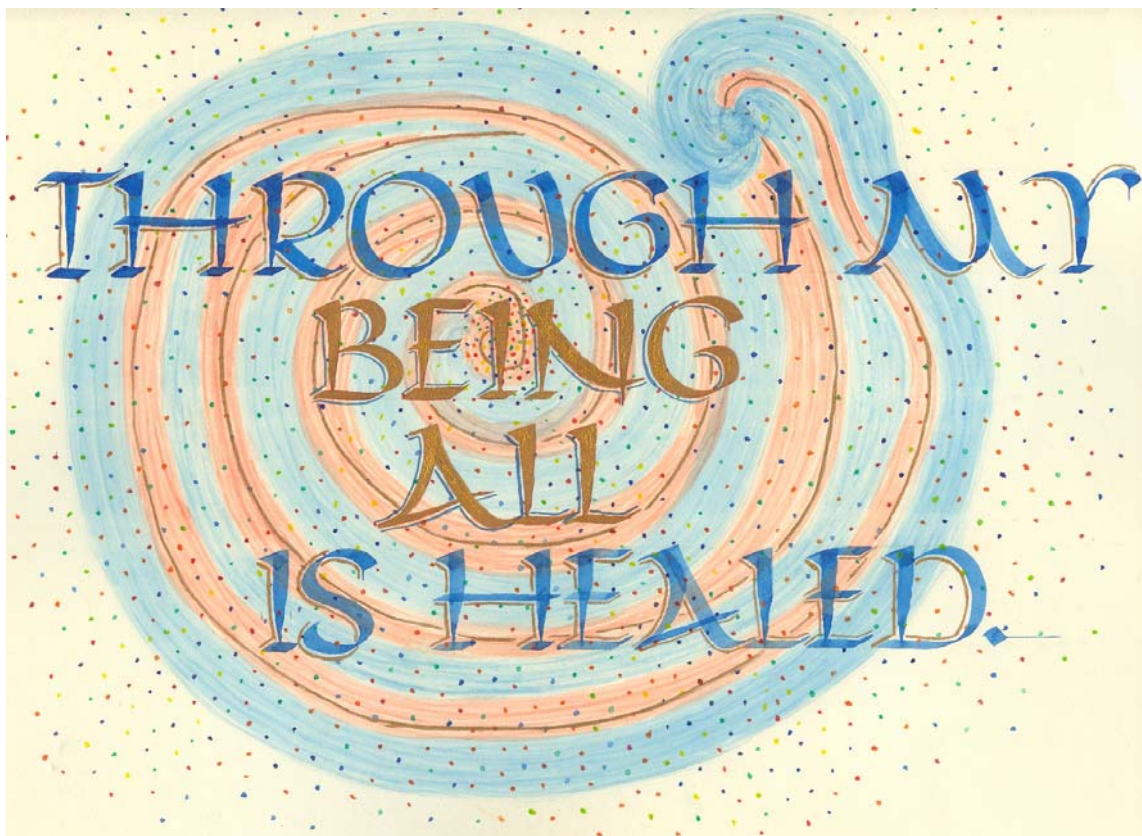
Our Annual Living Spirit Awards Dinner

Monday, April 11, 2011

Tower Ridge Country Club
140 Nod Road
Simsbury, CT

\$60 per person

Come celebrate the Living Spirit Awards with us as we honor this year's recipients. Eat delicious food, have fun bidding in our auction, and listen to *Smooth Sounds*, our live jazz band. Enjoy great night of community in a magnificent setting at the base of Talcott Mountain amidst the breathtaking Farmington River Valley!



by Susan Jorgensen,
SLC Associate Director



Spring 2011 Programs

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



New Years Yoga and Meditation Retreat
Saturday, January 22, 2011, 9-12 pm
Holy Family Retreat Center—Public Chapel
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 the 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.



Reader's Retreat 11-1 pm
Monday, January 24, 2011, **Future of Faith** by Harvey Cox.
Thursday, February 17, 2011, **Dating Jesus** by Susan Campbell
Tuesday, March 22, 2011, **Lemon Tree** by Sandy Tolan
Wednesday, April 27, 2011, **Sarah's Key** by Tatiana DeRosnay
Thursday, May 26, 2011, **The Great Emergence** by Phyllis Tickle
Spiritual Life Center, Anam Cara Room
Facilitator: Sara Jane Munshower
Offering: Free Will Offering

Come to the Spiritual Life Center once a month for a Reader's Retreat. Join us for conversation and community on the book of the month. You are welcome to arrive early or stay late to read or enjoy quiet conversations in the Anam Cara Room. Some books may be available through the JP Webster Library, West Hartford.



Taize Worship Services
Sunday, January 9, February 13, March 13, April 10, May 8, 2011 6:30 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.



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



Insights into 12 Step Spirituality
 Thursday, February 24, 2011, 7-9 pm
 Spiritual Life Center, Anam Cara Room
 Facilitator: Rick Pacukonas
 Offering: \$15-25

Worldwide, over three million follow the spiritual path laid out in the 12 Steps of Recovery programs. What is it that resurrects the faith of men and women whose spirits were crushed by addiction in one form or another? What is it that these spiritual principles have been able to do for them that religion had failed to do? What is the relationship between recovery spirituality and organized religion? Can the 12 Step concepts enliven anyone's religious experience? This program will review and discuss the miraculous power and wisdom of recovery spirituality. If you are in a 12 Step recovery program, or have a family member or friend in a program, or would simply like to learn "how it works," please join us. Anonymity will be strictly respected.



Discernment: Noticing and Responding to the Promptings of the Spirit
 Co-sponsored by Holy Family Retreat Center
 Saturday, February 26, 2011, 10- 5 pm
 Holy Family Retreat Center—Conference Program
 Facilitator: Andrée Grafstein
 Offering: \$45

Come for a day to explore the process of discernment using the experience and wisdom of St. Ignatius Loyola and Elizabeth Liebert, S.N.J.M. This day will provide a holistic approach to noticing the day to day promptings of the Spirit as well as provide a framework for discerning major choices. Through a mixture of input and prayer participants will learn basics that will help discernment become a way of life and an ongoing spiritual practice. Included in the day will be the Consciousness Examen, the role of consolation and desolation in discernment.



Buddhist Practices for Practicing Christians
 Saturday, March 12, 2011, 2:30-4:30 pm
 Spiritual Life Center, Anam Cara Room
 Facilitators: Eduardo Barrios and Sue Yen Sunim
 Offering: \$20-25

While there is no doubt that Buddhism and Christianity offer very different approaches to a spiritual path, at the heart of both teachings are the virtues of Emptiness (Shunyata) and Compassion (Metta/loving-kindness). Buddhist practitioners strive through their discipline to eliminate the "3 poisons" of greed, anger and ignorance in order to live a more Enlightened, compassionate and peaceful existence — for themselves and for all sentient beings. The fruits of the practice involve discovering one's True Nature and Inter-being with all. As Christians we strive to follow our Master, Jesus Christ, who "emptied himself, taking the form of a slave..." The Christ who loves us to the grave and beyond, and asks us to follow him, unattached, in total surrender to the God of all — infinite in love and compassion.

Come experience bowing, chanting, and meditation practices from Dae Yen Sa International Buddhist Temple. Learn how these practices can help better focus the mind, to expose false views that prevent us from loving freely and living authentically.



Celtic Spirituality: Celtic Creativity
 Saturday, March 19, 2011, 9:30-12:30 pm
 Spiritual Life Center, Anam Cara Room
 Facilitator: Cathleen Murtha, DW
 Offering: \$25-35

Come and explore the creativity of Celtic peoples throughout the ages. Poets, bards, artists, writers, and metal workers have created an extraordinary body of work. Today we continue to be inspired by their unique gifts to the culture of the world. Tea and scones will be served



Healthy and Unhealthy Spirituality: Spring In-Service

Thursday, March 24, 2011, 9:30 - 3:30 pm, Registration begins at 9 am

Holy Family Conference Room

Facilitator: Don Bisson, FMS

Offering: \$75-85, lunch included

Just because something is named "spiritual" does not make it healthy. This workshop deals with the shadow side of contemporary spiritual movements, which do not lead us to authentic spiritual transformation. This workshop looks at

spiritual materialism, narcissism, and the dangers of charlatans, as it engages both healthy and unhealthy forms of spiritual movements.



Leaving A Spiritual Legacy: Writing A Spiritual Will

Saturday, March 26, 2011, 9 - 4 pm

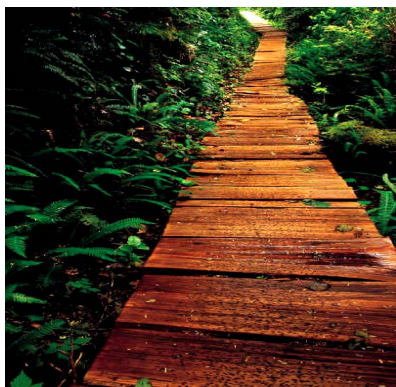
Spiritual Life Center, Anam Cara Room

Facilitator: Joe and Louise Colletti

Offering: \$75-85

The Spirit of God touches our lives through the people and events we encounter on our life journey. This program is an opportunity to profoundly reflect on those life experiences: to begin to assess and capture the magnitude of God's presence in our lives. This "Leaving A Spiritual Legacy" Program will utilize the creation of a

personal "Spiritual Will" as way to raise one's awareness of God's intervention in our lives and to pass that wisdom on to those whom we love. During this workshop, the participants will be guided through the creation of a personal "Life Map" and the beginnings of a written will that includes one's significant life learnings, beliefs, stories, hopes, and dreams. By stepping back and reflecting on the sum of their personal experiences, the participants will be able to articulate what is most important for them and what is most important to be passed on to those whom they love. There will also be many opportunities for individual reflection, prayer, the sharing of insights, group discussion and sheer inspiration. Take this opportunity to recognize and celebrate God's power in your life as well as to create "a love letter from your heart" for those for whom you wish to leave a unique spiritual legacy.



A Week of Guided Prayer

Sunday, March 27, 2011—Saturday, April 2, 2011

Spiritual Life Center, Anam Cara Room & Spiritual Direction Rooms

Offering: \$125-\$150

The Week of Guided Prayer is a retreat structured to fit the day to day schedule of a busy person. This week long retreat offers an opening training session in daily reflection, five daily one-on-one meetings with a prayer guide and a concluding gathering at the end of the week.

The Week of Guided Prayer will assist those who desire to deepen their personal relationship with God or a Higher Power through praying with scripture. Through guided scriptural reflections, group prayer and individualized guided one-on-one

companioning retreatants will be able to participate in this retreat without having to take time off from their weekly routine.



An Evening with Susan Campbell

Thursday, March 31, 2011, 6-8 pm

Holy Family Conference Room

Offering: \$25-35

*Come spend an evening with Susan Campbell. Enjoy hearing her thoughts on Social Justice, her spirituality, her book **Dating Jesus** and her life working at the Hartford Courant. Light refreshments will be served.*



A Rule of Life: Cultivating a Life with God and Others

Saturday, April 2, 2011, 9-4 pm

Spiritual Life Center, Anam Cara Room

Offering: \$50-65, lunch included

Facilitator: Deborah Pallatto-Fontaine

Based on the traditional Rule of St. Benedict, this workshop will focus on how we can create spiritual rules in our own lives. Like the ancient monastic rules, rules can provide us with useful models for restructuring our lives so that we feel fulfilled, centered, and productive. Through prayer, poetry, music, and individual and small group reflection, we will examine the shape of our lives and our priorities; the parts of our lives that are essential to who we are in relation to God, to others, to all of creation, and to our deepest self - as well as areas of disproportion and neglect. How can a rule of life serve us well as we journey toward God? This workshop is based on the book At Home in the World: A Rule of Life for the Rest of Us, by Margaret Guenther, an Episcopal priest and experienced spiritual director and retreat leader. This day is recommended for spiritual directors and for all who yearn to integrate the spiritual and the practical in one's life.



Living Spirit Awards and Silent Auction

Monday, April 11, 2011

Tower Ridge County Club, Simsbury, CT

\$60



Labyrinth Walk

Friday, May 6, 2011, 10:30-12 pm

Spiritual Life Center Anam Cara Room and Holy Family's Labyrinth

Offering: Free Will Donation

Facilitator: Cathleen Murtha, DW

Come and experience the beautiful outdoor Labyrinth on the Grounds of our location at Holy Family Retreat and Conference Center. The Labyrinth is an ancient symbol of the journey of life. It can mirror both the journey within and the journey out to others. Learn about the Labyrinth and experience walking a sacred path. Take time out for yourself in the beautiful season of spring. If you wish, bring a brown bag lunch and stay for awhile conversing with others or taking some solitude. We will be meeting in the Anam Cara Room to start.



LovingKindness

Saturday, May 21, 2011, 9-12 pm

Flagg Road, UCC West Hartford, CT

Facilitator: Rabbi Rami Shapiro

Offering: \$25-35

At the heart of all lived spirituality is the practice of lovingkindness. In this workshop with Rabbi Rami, we will explore the meaning of lovingkindness and how to cultivate it in our own lives.

Drawing on spiritual practices found in a variety of religious traditions, we will create for ourselves a practical, personal, and transformative way of rooting our lives in compassion and kindness.