

2008



January  
Newsletter

Spiritual Directions



Director's Comments  
Contemplative  
Living

I do not ask you to spend your spiritual practice time in passive contemplation. But be receptive to what you can download from the web of life. God is accessible on the inner-net: keep logging on.

Zalman Schachter Shalomi  
(Living The Questions )

We embrace contemplative living when we use intentional spiritual practices to reflect on the movement of the Spirit (God) in our lives. Studies show that a growing number of people are chronically tired. The pressures of change and the demands on our time in this information age seem to fill up our days and nights. In order to keep healthy we need a balance and rhythm that allows for action and reflection.

St. Augustine defined contemplation as "striving to understand and experience those things that really are." That is, the things that really are of God, really are God. Contemplation is not just getting away on a retreat or holiday or taking a personal day. To live contemplatively is to practice paying attention every day. Contemplation brings together our vision and our action so each is informed and influenced by the other. If we are going to find peace and joy in our living we need to be present to ourselves, others and God so we may become aware of the influences that determine our life, work and spiritual paths. Sometimes called "deep listening", this way of paying attention opens us to all the information. When this happens new possibilities open up to us.

At Spiritual Directions we are committed to providing opportunities for reflection and spiritual growth in an urban atmosphere. We have several discussion evenings as well as drumming, art expression, and meditation to facilitate spiritual reflection and experience. We also have spiritual directors available for regular accountability and discussion. I hope this e-newsletter will encourage you to do something for yourself this winter -- something that will nurture your soul.

John Griffith

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## Upcoming Events

In January and February we have several workshops by presenters whose work is being recognized nationally and internationally. Two of them have workshops coming up soon: Margot McKinnon and Margot Van Sluytman. We are very fortunate to have them sharing their wisdom and skills through Spiritual Directions:

### The Exquisiteness of Being Human:

Learn about your spiritual type from Margot McKinnon. The second of her series based on her Body, Mind, Spirit or Soul dominance theory will be held Saturday, February 9 (Living A Spiritually Intelligent Life). The cost is \$40 and it runs from 9 am until noon. This is a practical workshop that looks at beliefs, behaviours, and decisions we make that help us better understand our human experience.

**Writer's Workshops:** are a way to find your voice and express your soul. Margot Van Sluytman is offering several workshops and Monday evening introductions in February. Wild Self/Real Self on Saturday, February 2<sup>nd</sup> and Writing the Sensual Soul on Saturday, February 23<sup>rd</sup>, both from 10 am to 4 pm, \$60.00 each. An introduction to Writing the Sensual Soul is on Monday, February 11 at 7pm. \$15.00

**Drumming Circle:** every Tuesday evening beginning February 5<sup>th</sup>. The circle will be led by Kathryn Doherty. Drums will be provided, but you are welcome to bring your own drum. Other percussion instruments will be available also. \$15.00

**Personalize Your Practice of Meditation:** An Introduction, Wednesday, January 30<sup>th</sup>, \$15.00, 7 to 9 pm. This evening is led by June Churchill as a prelude to an 8 week series that begins in March.

**Spiritual Conversations:** An open conversation about important spiritual concepts. We will use DVD content from the Spiritual Literacy series and the themes will be : Mystery, Meaning, Love and Gratitude. This series begins Wednesday, February 6 at 7 pm. Each evening is separate. Led by John Griffith. Cost: a Donation.

**Pilgrimage to the Heart of the Sacred,** Saturday retreats at our centre to reflect on your spiritual path, led by TY Ragan, Feb 9, March 8, 9:30 am – 3:30 pm, \$65

**Healing Our Losses:** experience healing through art (no experience necessary). Straja Linder King facilitates this course for people facing difficult passages in life such as illness, loss and transition. Monday evenings, 7 to 9:30 pm. \$30 an evening (or \$150 for a 6 week series)

**Global Warming: Changing CO<sub>2</sub>urse:** If you want to join a group to discuss issues of the environment this is for you. Led by Diane Allan who has the passion and training to lead this group into deeper levels of connection. Check the website: [www.Canadianearthinstitute.org](http://www.Canadianearthinstitute.org). Begins Thursday February 7<sup>th</sup>, 7 to 9 pm, and the cost is a donation.

**Coming Home to the Feminine:** with Pat Moran. Learn ways to come home to yourself and the wisdom of your own body. In a safe and nurturing space, explore the inner worlds of felt experience, symbol and metaphor. This course for women is held on 3 Tuesdays, beginning Feb 26<sup>th</sup> from 6:30 – 9 pm, \$75

**Imaginal Tracker Training Program in Expressive Arts: Art Fundamentals: Studio Sequence 1,** Week long intensive February 18 – 22, 9 am – 5 pm led by Straja Linder King, \$545 including all materials

**Didgeridoo Workshop:** make a Didgeridoo from PVC pipe and explore an introduction to vibrational healing. Saturday, February 23<sup>rd</sup>, 12 to 4 pm. Cost \$75. Led by Audrya Corbett and Shaun Friesen. [www.alwaystimeforcreation.com](http://www.alwaystimeforcreation.com)

Celebrate the Sacred Story  
Of the Universe Unfolding  
Of love manifesting  
Of the divine awakening  
And of darkness and light  
Dancing in hope and promise  
And it shall come to pass through you

John Griffith

...OTHER SPIRITUAL EVENTS to put on your Calendar

Monday, January 28, 2008 - Dr. Sally McFague, will be speaking on Climate Change and Christian Faith at **St. Barnabas Anglican Church, 1407 – 7<sup>th</sup> Ave NW, 7:30 pm.** Sally is a leading eco-feminist theologian and Theologian in Residence at Vancouver school of Theology. She has written a book, yet to be released, entitled, *A New Climate for Theology: God, the World and Global Warming.* As part of the University of Calgary lecture series for the community, there is no charge for this lecture.

**The Moses Code,** a film about manifesting our soul's purpose. A film in the tradition of *The Secret.* The movie and events will be connected to prayer for peace, manifesting peace in the Middle East. Unity Church, 2035 – 26A Street SW, Phone 293-4952 for tickets. Check the web for more information. April 4 and 5, 7:30 pm.

**Nancy Reeves,** an author, spiritual teacher and spiritual director, will be at the FCJ centre on April 4<sup>th</sup> and 5<sup>th</sup>. During the first day she will lead a workshop on Spirituality and Grief. \$69. On Friday evening and all day Saturday she will be leading a second workshop on Psychological issues in Spirituality, \$89. Contact the FCJ centre at 228-9459 to register or for more information.

**Diarmuid O'Murchu** will be at the FCJ centre for workshops June 16, 17, 18. He is on the cutting edge of Christian spirituality and is an important person to hear.