

Newsletter

July 2007

We at Spiritual Directions wish you a beautiful and refreshing summer season. We have a few workshops to nurture your spiritual life in July, details on page 2.



We have taken possession of our new residence for Spiritual Directions and have begun renovations. This is an exciting new beginning for us. Our Fall brochure is at the printers and you will receive your copy toward the end of August. For the summer our programs will remain at Parkdale United Church 2919 8 Avenue NW except for the Strawberry Tree programs which are held at St. Stephen's Anglican Church in the Canterbury Room. The address there is 1121 - 14th Avenue SW.

Our phone number remains the same, 210-2802. During July our summer hours for registrations, reception and information are Monday through Thursday 9 am to 2 pm. We are open for appointments and groups at other times and phone messages and email will be answered daily.

If you would like to visit a work in progress our new home will be at 1407 - 10th Street SW, right around the corner from St. Stephen's Anglican Church (where the Strawberry Tree Studio is now located). We look forward to seeing you

John Griffith,
Director

The emotional stability of individuals depends on the integrity of their stories."

Jordan Peterson

CREATE FOR PEACE...

a web based program for personal use if you want to do something for the peace of our world on the 7th day of the month. www.createforpeace.com. This was not yet up and running when I tried it but I know the person who is creating this website and s hopes it will be functioning on July 7, 2007, the seventh day of the seventh month of 2007.

SUMMER PROGRAMS

Spiritual Conversations: Mondays, 7 to 9 pm facilitated by John Griffith. Each evening will consist of a different theme based on the DVD series "Spiritual Literacy". The program is about finding a language to express your experience of the Holy in everyday life. We will begin by sharing some information about what these words mean to us. Then watch a half hour DVD segment on the theme. After that there will be some quiet time for journaling and reflection, and then a sharing of our response and experience related to the theme.
July 9, Attention. July 16, Gratitude, July 23, Wonder July 30 Forgiveness,
August 13, hospitality, August 20, Transformation, August 27 Imagination.

Celebrating the Artist Within:

Art and Spirituality with Straja Linder King, Monday evening 7 – 9 in the studio at 1121 14th Ave. SW. \$15.00 Please register because we already have 8 people registered and we can take 10.

Healing and Talking with Angels: Thursday, July 19, 7 to 9pm, and Saturday July 20, 9 am to 5 pm. Dr. Mary Jo Bulbrook will be here from North Carolina to provide this teaching. A practical course to explore advanced meditations that increase your vibration to more fully connect with angels; practice interventions to enhance your energy system; work with angels in healing self and others. Fee \$145. Friday Evening only fee: \$50
Contact Marsha Read 275-01319 or mread@telus.net.



BOOK NOTES

PRESENCE: An Exploration of Profound Change in People.

By: Peter Senge, C. Otto Scharmer, Joseph Jaworski, Betty Sue Flowers

This book is an exploration of how deep change happens by four people who are international change agents. Their conversations, reflections and experiences reveal the spiritual nature of change. Change begins with deep listening. They spend a few chapters describing the way listening creates community and a "common field". Invite all the people involved in an issue to the table to have a conversation. Everyone includes those you agree with and those who are on the other side. Telling personal stories deepens the conversation. There are four levels of change. Most people promote change at the first two levels because it is "a quick fix" (level one) or "a problem focused solution" (level two) and these usually create different problems and never last very long. To go to levels three and four one needs to suspend judgment and suspend the past (letting go). If we can let go of what has been we are more open to what can be. The bottom of the "U" shaped scheme is "presence". Here people are present to each other, letting go of the past and open to the future. When people can live here they continue in the field where possibilities can emerge. The future usually comes in some creative way. It is not an extension of the past. That is why waiting is important. When the new emerges it is a powerful possibility that comes from the future toward us. It is recognized by the participants and usually has so much energy in being the right thing to do that people move to it immediately. Action follows right away to create the new possibility. This is true of personal change as well as societal change. I found the book a bit tedious at the beginning, except for the inspiring stories, but once they get their "U" model of change set up it flows rather nicely. This book is in the public library.