

# Spiritual Directions



November/December 2008



For more information or to register, please call

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## The Business of Being Busy

I have been thinking about retirement since I started getting my old age pension two months ago. Reflecting on what I want, what I like and what life is about at 65 has brought some interesting insights. Speaking with many people about this stage of life has revealed an apparent consensus that people in retirement are busier than ever. I wonder what all this activity is all about. I am not sure if people are complaining when they speak about being too busy, or bragging. Whatever the reason, the truth is being busy is a way of life.

Why is it so difficult to sit and wonder, take time to reflect, review our priorities, or just enjoy doing nothing? The dictionary definition for "busy" is: sustained activity to accomplish something. The second part of the definition speaks to one's purpose. It occurs to me I can have short term, daily goals to accomplish, and I can also have long term purposes which guide my choice of activities and direct where I will invest my time. "Busyness" has two definitions: engaged in activity or cluttered with detail to the point of distraction. Spiritual Directions exists to hold up another way of life as the way to meaning. We value taking time out to reflect on our inner and outer movement through the world. Awareness is the way we connect to the meaning of our activity. Living with intention keeps us focused. Through contemplation the spirit renews our connection to life.

Spiritual Directions offers *Conversation Cafe* evenings to explore important issues in daily life. This month we have a new workshop called *What's My Purpose?* led by Carole Kanchier. Carole teaches us how intuition energizes the connection between our life and our work. We have several art workshops such as *Spirit Vessels* and *Celebrate the Artist Within* which provide an opportunity to express yourself and have fun. We also offer counselling and spiritual mentoring if you are stuck and need some help to reflect on what is happening in your life. In the holiday season it is so easy to get swept along with society's movement and miss the sacred meaning of celebration that is calling to us at this time of the year. In December we will offer some opportunities to reflect and celebrate the spiritual meaning of the season.

John E. Griffith, Director

## Courses & Workshops in November & December at Spiritual Directions...

### **Urban Retreat : Wisdom Stories** with Tyler Ragan, BA, MA

This two day workshop provides a time to share the wisdom stories of the ages and create our own. You will experience a variety of expressive meditation and prayer forms.

**Friday, November 7, 7 to 9 pm, Saturday, November 8, 10 am to 4 pm. Fee: \$89**

### **The Other Inmate** with Margot Van Sluytman, BA

A workshop about forgiveness and healing. Come with your questions, your passionate heart and your open soul. Margot will use the words from her book, "Sawbonna: I See You" which is about meeting with the man who murdered her father. She will share how hope came to be. And how hope is. You will hear another's story and perhaps begin your own.

**Introduction: Monday, November 18, 7 to 9 pm, Fee: \$15.**

**Workshop: Friday, November 14, 12:30 to 5 pm, Fee: \$60**

### **Gifts of Personality and Spirituality** with Sydney Craig Courtice, MCEd

Discover how your natural gifts work together as you seek greater meaning and purpose. Based on the Myers-Briggs Type Indicator. If you do not know your Myers-Briggs type, the assessment is available for \$35 prior to the program. For more details please visit our website.

**Friday, November 14, 12:30 to 5 pm, Fee: \$60**

### **Develop your Intuition** with Julie Turner

An interactive workshop offering insights on how to strengthen and use your natural intuition. Being fully present you can learn to respond rather than react to circumstances and people. This course teaches the basic modalities of awakened doing. Please visit Julie's website at [www.juliespiritualhealer.com](http://www.juliespiritualhealer.com)

**Saturday, November 15, 11 am to 3 pm, Fee: \$90**

### **Conversation Café** with John Griffith

Topic for November: The safety of our food in Canada: Are you concerned? Headlines tell us about fast food, slow food, buy local food, use raw food, antibiotics in our food, avian flu, Listeria and the recent recall of food products.

**November 17, 7 to 9 pm, Fee: Donation**

### **Celebrate the Artist Within** with Straja Linder King, MA, ATR-BC

Guided art experientials help you nurture your intuitive artist and express your inner soul through various media. Tanguis a therapy dog will be present. No art experience necessary; all materials included. Limited registration.

**November 24, December 8, 7 to 9 pm, Fee: \$20 (includes all materials)**

### **What's Your Purpose** with Carole Kanchier, PhD

What's your mission – your purpose? Having a sense of purpose energizes, empowers, and gives life meaning, direction, inner peace and happiness. Sharpen your understanding of purpose and gain valuable insights and practical suggestions for clarifying and strengthening your intuition. Learn how to set and achieve life goals that are in harmony with the real you.

**Tuesday, November 18, 6:30 to 9 pm, Fee: \$59**

### **Spirit Vessels: Creating With Gourds** with Marcia Osborne.

Using the fruit of the earth and allowing the natural shape to speak, make spirit vessel baskets, vases, rattles or other creations like those pictured to the right, which were made in a previous session. Use paints, dyes, pastels and carved or wood-burned leather to embellish your creation. Please register soon as there is limited space available in this popular workshop. All supplies are provided.

**Sunday, November 16, 10 am to 3 pm**

**\$55 (includes all materials)**



**Spirit Vessels: Creating With Gourds:**

The following two workshops will be repeated in the Spring, for those who did not have the opportunity to participate in these popular events. Please call the office to have your name put on the waiting list. You will be notified when the dates have been confirmed.

- **Sacred Drum Workshop** with Dory Laboucane. Using a sharing circle and vision work to begin the session in a harmonious state, build your personal sacred drum and rattle in this two day workshop. Some people like to bring a favorite stick for the drum and rattle, or willow and antlers will be provided. Registration is limited so please register as soon as possible. **Fee: \$210 (includes all materials)**
- **Medicine Wheel Experience** with Dakota Eaglewoman. In this introduction to the Medicine Wheel we will discuss the 4 cardinal directions and their relation to the Medicine Wheel, as well as the animals and other information associated with each direction of the Medicine Wheel. The complete workshop will consist of 3 days of teachings: the first Saturday will be an in-class teaching day, the second Saturday, a day of walking a medicine Wheel, and the following Sunday, a day of discussing our individual experiences. **Fee: \$150**



## Strawberry Tree Studio...Art Course & Workshops

### Creating a Sacred Vessel with Clay

with John Griffith, BA, MDiv & Straja Linder King, MA, ATR-BC

Using clay we will put our experiences and expectations, hopes and fears into a shape to help us stay centred when holidays are a difficult time in our lives.

Thursday, December 4, 7 to 9:30 pm, Fee: \$30 (includes all materials)

### World Soul Weekend Retreats with Straja Linder King, MA, ATR-BC

This course is devoted to enhancing and healing our relationship with the natural world through art making from an ecological and spiritual perspective. All teachings of World Soul and ecopsychology will be followed by exploration in a variety of art media including collage, clay, paint and writing. All experiences will be grounded in nature. No art experience is necessary. Fee includes accommodation and meals, tuition and all art materials. Please Register by November 12. **November 14 to 16, Fee: \$565**

### Studio Sequence One: Art Fundamentals with Straja Linder King, MA, ATR-BC

This foundational program of study includes history of the arts (visual, dance, music, poetry, etc.) with special attention given to the exploration of visual art media. You will learn and gain confidence in creating with a variety of materials and in integrating other arts disciplines.

**November 17 to 21, 9 am to 5 pm daily.**

**Fee: \$545 (includes all materials and art supplies)**

### Healing Our Losses with Straja Linder King, MA, ATR-BC

Allow yourself an opportunity to honour the memories related to passages in your life: career changes, financial crises, loss of health or ability, or loss of a loved one. This six week series uses art experiences to initiate a healing process. No previous art experience is necessary, simply a need to give visual expression to memories and experiences by tapping into your creativity. This process is about creative exploration, not art product. The sessions will commence when there are enough registrations for the 6 week period.

**6 Monday Evenings, 7 to 9 pm, Fee: \$125 (includes all materials)**

### Kindred Spirits Pet Loss Support Group with Straja Linder King, MA, ATR-BC

Often words are inadequate or unavailable to convey our feelings. Sadness can be expressed and released through art, which is image based rather than verbally based. You will create a memorial of your beloved animal companion. Tangus, a therapy dog, will be present. No art experience is required. The sessions will commence when there are enough registrations for the 6 week period.

**6 Monday Evenings, 7 to 9 pm, Fee: \$125 (includes all materials)**

### Stepping Stones with Straja Linder King, MA, ATR-BC

An integrated approach which supports healing for individuals facing difficult passages in life's journey such as illness, loss and transition. Experience healing, centering, living your memories and soul restoration. Each session addresses a key task of grief and is complete in itself. Tangus, a therapy dog, will be present. No art experience is required.

**Monday Afternoons, 1:30 to 3:30 pm, Fee: \$25 (includes all materials)**

## Health & Healing...

### Healing Touch Sessions

Practitioners: Marsha Read, BEd, CHTP/I, Patricia Blackman, MA, RSW  
\$50 per hour, Wednesdays by appointment

### Counselling / Therapy with SYVIA Polay Griffith, MEd, RPsyc

\$100 per hour. Please phone for an appointment.

### Stabilizing The Fields With Herbs with Lorraine Carpino, BEd, MHH, CHS, CHTP

Topics to be covered include: herbal actions, properties and traditional applications, body Ph levels, energetic interactions of organs (how they support or reduce each other), allergy assistance, symptoms timing, and organ energy analysis techniques.

November , 9 am to noon, Fee: \$30

To register please contact Terri Phillip, e-mail: [tphillip@shaw.ca](mailto:tphillip@shaw.ca), phone: 403-934-4973.

## Special events and Links.....

### South African Sangomas ~ Readings by Sarah Umholphekazi Wager, and Muvo Ngcobo

Contacting your ancestors and healing by "Throwing The Bones". This is a sacred bundle of bones, shells, coins, etc., when thrown onto a mat in relationship to your questions, gives a tremendous amount of information. It also communicates directly with your ancestors to offer guidance and healing. E-mail Mari Abraham at [mariabraham4@hotmail.com](mailto:mariabraham4@hotmail.com) with your preferred date, phone number and choice of either Sarah or Muvo. You will be contacted by phone to set up a time and confirm your session. **November 13, 14, 17 & 18, Fee: \$150 for a one hour session.**

**A Writer's Workshop / Weekend Retreat with Margot Van Sluytman** at the FCJ Centre. **SAWBONNA:** Write your soul...forgiveness and hope can come. Sawbonna is a Zulu world meaning "I see your soul". This weekend Margot will share her story of coming to terms with her father's murder and reconciling with the man who killed him. Out of her experience she has developed a process to encourage and inspire you to find the words which can offer you hope and healing. **October 31 to November 2, Fee: \$225 live-in; \$160 commute. Please phone 403-228-4215 to register.**

**A couples Relationship Enhancement Program** called PREP will be offered by **Gary Gerber** and **Karin Hoernig**. **November 8, 13 & 20** at Parkdale United Church. If you are interested in taking a positive step in growing as a couple you can get more information at [www.garygerberprep.com](http://www.garygerberprep.com). This is a unique informative and inspirational program.



**EVOLVING DOOR** has been providing Spiritual development programs, films, and events for the past several years at the Unity Church at 2035 26A Street SW. The movies, 'The Secret', 'The Moses Code' and 'What the Bleep' have all debuted in Calgary with the help of EVOLVING DOORS. Their vision is to expand their film showings and promote bigger events. We would like to suggest that you visit their website at [www.evolvingdoors.ca](http://www.evolvingdoors.ca) and sign up for their notification list so you can be informed of their current events.

### Employment Opportunity: Part-Time Director of Spiritual Directions.

After a year and a half of discernment, exploring options and assessing the work, Spiritual Directions will be going through a year of transition in 2009 as John Griffith moves out of the Director's position into a practitioner's role. The role of Director includes program development, day to day management and fund raising. This is a salaried position. Please contact me for more information.