

2008



## Spiritual Directions



# Fall Newsletter

### Director's Comments

**The Long Emergency :  
Preparing For Crisis  
In the Twenty-First Century**

When my life purpose meets your  
life purpose, we are one.

Thomas Keating

## Contents

Director's Comments.....	1
Mondays & Healing.....	2
Courses & Workshops .....	3
Art Studio.....	4
Special Events.....	5



#1407 10 Street SW  
Calgary, AB, T2R 1E7

Phone: (403) 210-2802  
[teaching@spiritualdirections.com](mailto:teaching@spiritualdirections.com)  
[www.spiritualdirections.com](http://www.spiritualdirections.com)

*The Long Emergency*, by James Howard Kunstler is a "must read" for anyone concerned about our way of life on this planet. The author weaves together historical information and his personal perspective as he identifies the most challenging issues of our century which will challenge our way of life. The crises he talks about specifically are the "end of oil" and "climate change". This book is directed to the American people, speaking specifically about their country and its policies. However, we share a continent with the United States and also will share in the difficulties brought on by these two global events. This book calls for an immediate response to avert a breakdown of our culture as we know it.

He begins by identifying that North Americans are short term problem solvers. We do not look at the big picture, the historical perspective of how we got into this situation and what we must do to survive the impending disruption to our way of life. His thesis is that our whole culture (way of life) has developed quickly because of technological advancements and cheap oil. Secondly, he says the structure of our society, with most people living in suburbia and being dependent on goods from distant places, will increase the cost of living exponentially and disastrously as time goes by.

In his first chapter, entitled 'Sleepwalking into the Future', he states that we are in denial about the effects of climate change (whether or not it is of our making), the fact that we are running out of oil and the implications of both. "It is no exaggeration to state that reliable supplies of cheap oil and natural gas underlie everything we identify as a benefit of modern life." (p2.). He calls his book the long emergency because he says the consequences of running out of oil are going to be felt long before it actually runs out. He believes that 30 - 40 years is the time frame for the end of oil if the world keeps increasing its demand at present levels.

In chapter 7 he addresses how we can live through this energy crisis. I believe this is where spirituality and our human values will determine how well we do and the quality of life we are able to maintain. Will we resort to "resource wars" as the author suggests or will we see the bigger picture and begin to work together as a human family? I have chosen this as the topic for discussion for the first Conversation Café on Monday September 15 at 7 pm.



## MONDAYS: IMAGINATIVE EVENINGS for SPIRITUAL SEEKERS

### **Dancing In A Garden Of Words** with Margot Van Sluytman

Writing is much like digging in the earth, smelling good, rich soil of the psyche's voice and vision, planting new seeds of thought, watering possibility and anticipating rain and sunshine. In this workshop, you will dig with your own hands into the earthy roots of your vital creative energy. You will discover new landscapes of your voice which ask you to revisit writhing wetlands, powerful mountain tops, lush lands of hope and possibility, plunging your little trowels of imagination into the terrain, sprouting new pieces of poetry and/or prose poetry.

**September 8, 7 to 9 pm. Fee: \$15**

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

A conversation café offers a diverse group of people an opportunity to discuss important issues in a structured atmosphere. This allows for openness, honesty, trust and sincere exploration of a topic, hopefully leading us all to new insights. The topic for September is how do we respond to "The Long Emergency" (see front page).

**September 15, October 20, November 17, December 15, 7 to 9 pm. Fee: Donation**

### **Celebrate The Artist Within** with Straja Linder King

Guided art experientials help you nurture your intuitive artist and express your inner soul through various media. Tangus, a therapy dog, will be present. No art experience necessary, all materials included. At the Strawberry Tree Studio. Limited Registration.

**September 15, October 20, November 17, 7 to 9 pm. Fee: \$20**

### **Write Your Fire** with Margot Van Sluytman

In this expressive writing workshop award winning author Margot Van Sluytman, will inspire you to enter the depths of your soul and the wells of your heart, unearthing your unique, fierce and fabulous fire.

**September 22, 7 to 9 pm. Fee: \$15**

### **Making a Difference, DVD Series** with John Griffith

We will be viewing short documentary films about people who are doing amazing work to make the world a better place and we will have an opportunity to discuss these with each other. There is no charge. Donations can be given to one of the projects. The DVDs are from the Global Oneness Project, [www.globalonenessproject.org](http://www.globalonenessproject.org).

**September 29, October 27, 7 to 9 pm. Fee: Donation**

### **Wondering Waiting Writing** with Margot Van Sluytman

In this writing workshop, you will enter each of these sacred places: wondering, waiting and writing to pen the beauty of your voice, your words, in the vein of the inspired and inspiring human being Thomas Merton. Like Thomas, you will come to the language that is the beauty and authenticity of the ordinary you. Your poetic voice will be revealed and embraced.

**October 6, 7 to 9 pm. Fee: \$15**

## HEALING: SESSIONS, WORKSHOPS and TRAINING



### **Healing Touch International: Level One** with Marsha Read Bed, OS, CHTP/I

Healing Touch is an energy based non-invasive therapy that is useful for managing pain, speeding tissue healing, strengthening the immune system, and releasing emotional blocks. The impact of healing touch in health care today has been widely recognized and there are certified practitioners throughout Canada, the USA, Australia, New Zealand and 14 other countries worldwide. Learn to facilitate healing through compassionate intent and the balancing of the human energy field. (20 Continuing Education contact hours).

**Friday, September 5, 7 to 9 pm**

**Saturday, September 6, 9 am to 6 pm**

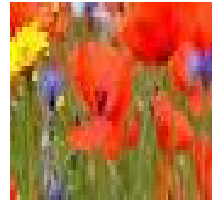
**Sunday, September 7, 9 am to 6 pm. Fee: \$333**

### **Reiki Practice Evenings** with Donna Hill

Donna Hill has walked a spiritual path for over 20 years and has completed Reiki Level II. She brings humour and gentle compassion to her healing practice. All practitioners who have completed level I are welcome.

**Thursday Evenings, beginning September 18, 7 to 9 pm. Fee: \$20**

# COURSES AND WORKSHOPS



## **Dancing In A Garden Of Words** with Margot Van Sluytman, BA

Writing is much like digging in the earth, smelling good, rich soil of the psyche's voice and vision, planting new seeds of thought, watering possibility and anticipating rain and sunshine. In this workshop, you will dig with your own hands into the earthy roots of your vital creative energy

**Saturday, September 13, 10 am to 4 pm. Fee: \$60**

## **Small Group Ministry Leadership Program** with Sidney Craig Courtice, MCEd

This new design for Small Group Ministry Leadership honours the emerging church with a focus on individual transformation and community development. During each of the 6 sessions, participants will try out a new spiritual practice, gently share their thoughts and feelings during "check-in" and closing circles, seek guidance and support from each other, and learn leadership techniques for effective Small Groups. The topics to be covered in the sessions are: Covenanting with Each Other, Prayer and Spiritual Practices, Healthy Relationships in Groups, Meetings That Matter, Your Call to Leadership, and Starting Your Own Small Group. Maximum of 12 people.

**6 Wednesdays, September 17, 24, October 1, 8, 15, 22, 7 to 9 pm. Fee: \$120 ( \$100.00 per person for groups of 3 or more ) .**

## **Medicine Wheel Experience** with Dakota Eaglewoman

An 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. Saturday September 20, will be an in-class teaching day, with Saturday, September 27 a day of walking a Medicine Wheel, and Sunday, September 28 a day of discussing our individual experiences.

**Saturday, September 20, 9:30 am to 5 pm**

**Saturday, September 27, 9:30 to 5 pm (Offsite)**

**Sunday, September 28, 9:30 to 1 pm. Fee: \$150 includes travelling expenses**

## **Life Writing** with Wilma Rubens, BSc

We live our life forward yet read it backwards. To contemplate the story within our wandering life's path, we will use meditation, storytelling techniques and writing to illuminate our inner landscapes, glean rich insights and find creative inspiration in our life experience

**Sunday, September 21, 9:30 am to 3 pm Fee: \$65**

## **Life Writing** with Wilma Rubens, BSc

We live our life forward yet read it backwards. To contemplate the story within our wandering life's path, we will use meditation, storytelling techniques and writing to illuminate our inner landscapes, glean rich insights and find creative inspiration in our life experience.

**Sunday, September 21, 9:30 am to 3 pm. Fee: \$65**

## **The Dream Interview Approach to Problem-Solving and Insight-Promoting** with Sloane Dugan, PhD

Dreams reflect aspects of the unconscious. Dreams can help a person understand what they do not know. The Dream Interview approach in a small group helps the dreamer strengthen his/her insight-promoting and problem-solving skills. Participants will understand this approach, practice using it with several dreams, and receive suggestions for creating their own dream group.

**Sunday, October 4, 9 am to 4 pm. Fee: \$60**

## **Use Your Intuition** with Carole Karchier, PhD

Practical guidelines, handouts and examples will illustrate how creative problem-solving techniques can be applied to resolve varied career and personal dilemmas. You will learn to tap into your limitless creative potential to enhance decision making, learning and growth, and create your desired future.

**Tuesday, October 7, 7 am to 9 pm. Fee: \$59**

## **Wondering Waiting Writing** with Margot Van Sluytman, BA

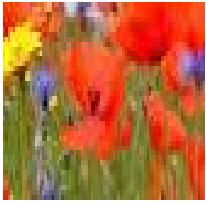
In this writing workshop, you will enter each of these sacred places: wondering, waiting and writing to pen the beauty of your voice, your words, in the vein of the inspired and inspiring human being Thomas Merton. Like Thomas, you will come to the language that is the beauty and authenticity of the ordinary you. Your poetic voice will be revealed and embraced.

**Saturday, October 11, 10 am to 5 pm. Fee: \$65**

## **The Challenge of Change** with Carole Karchier, PhD

Take charge of your career and life. An interactive seminar providing strategies, case studies, information gathering and useful guidelines regarding the forces that influence your career and personal development. Empower yourself to make wise choices by strengthening your intuition, resilience and courage to risk.

**Tuesday, October 21, 7 to 9 pm. Fee: \$59**



## STRAWBERRY TREE STUDIO

### **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, 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)**

### **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.

**6 Monday Afternoons, 1:30 to 3 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. Participants will create a memorial of their 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 Afternoons, 1:30 to 3 pm. Fee: \$125 (includes all materials)**

### **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, please register as soon as possible.

**Saturday, October 4, 9 am to 3 pm**

**Sunday, October 5, 9am to 1 pm**

**Fee: \$170 (includes all materials)**

### **Healing Hats and the Enchanted Tea Party** with Straja Linder King, MA, ATR-BC

Come to our Edwardian house for a fun-filled afternoon of hats, art and music, tea and creative conversation. Tangus, a therapy dog will be present. No art experience necessary.

**Saturday, October 11, 1 to 3 pm. Fee: \$20 (includes all materials)**

## IMAGINAL TRACKERS INSTITUTE



### **World Soul Weekend Retreat** 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.

**September 26 to 28, Fee: \$565 (includes meals, accommodation, tuition and all art materials).**

### **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, learning and gaining confidence in creating with a variety of materials and integrating other arts disciplines.

**September 22 to 26, 9 am to 5 pm daily. Fee: \$545 (includes all materials)**

### **Ethics and Group Dynamics** with Straja Linder King, MA, ATR-BC

This course provides individuals with the knowledge required to respectfully bring the tools of the Imaginal Tracking experience to their community, organization, workplace or group. This program draws from a synthesis of indigenous wisdom, psychological theory and corporate innovation in team building and creative leadership.

**October 20 to 24, 9 am to 5 pm daily. Fee: \$545, (includes all materials).**

## SPECIAL EVENTS AND LINKS

### Friday Night Drum Circle

With Judy Atkinson

Held at the outdoor Resource Centre  
111 Memorial Drive NW (old fire hall).

\$10 drop in fee. For more information visit

[www.circlesofrhythm.com](http://www.circlesofrhythm.com)



### Book Launch and Poetry Reading:

**The Other Inmate: Mediating Justice, Mediating Hope.**

A Poetry Workbook for Restorative Practices

by Margot Van Sluytman, BA

Poet and award winning expressive writing facilitator Margot Van Sluytman is launching her twelfth book of poetry, with the two fold purpose of offering hope and healing to the survivor in all of us, and to raise funds to attend the 11<sup>th</sup> Annual International Institute of Restorative Practices Conference in Toronto in October. Margot has been invited to speak about her experience of hope and healing after meeting with the man who murdered her Father in Toronto in 1978. You will learn how writing your voice can offer new possibilities in new paradigms.

**Location:** FCJ Centre, 219-19 Avenue SW

403-228-4215

**Thursday, September 11, 7 to 9 pm**

For more information visit Margot online at

[www.margotVanSluytman.com](http://www.margotVanSluytman.com),

[www.palabras-press.com](http://www.palabras-press.com)

[www.dancewithwords.com](http://www.dancewithwords.com)

### Uniting Healers Worldwide

**September 25 to 28, 2008**

Join us in Calgary as we blend the keynote speaker's energy with that of Canadian heritage and Elders. Our goal is providing service, connecting with the land in communion with nature, hearing its message of need as well as joy and unconditional love. We will walk the land, learn to hear and see the invisible signs of cries for help. Then with open hearts, aligned with the sacred ritual of the native people and caretakers of the land, we will provide one voice of healers united from around the world, honoring the land and it's spiritual role in the evolution of all things.

**Location:** The Quality Inn Hotel and Conference Centre, 4804 Edmonton Trail NE, Calgary

**Contact:** Marsha Read, 1-403-542-7868 or at [mread@telus.net](mailto:mread@telus.net)

#### International Keynote speakers include:

**Dr. Mary Jo Bulbrook**, North Carolina, USA

Advanced Development of the Healer

**Dr. Rangimarie Rose Pere**, New Zealand

A Celebration of Ancient Wisdom

**Dr. Christine Hibbard**, Colorado, USA

Humanitarian Healing Around the World

**Dr. Dan Benor**, MD, Canada

A Unifying Force for Healing

**Sue Pattinson**, NSW, Australia

Healing with Colour

**Dan Trollinger**, North Carolina, USA

Healing with Mandalas and Sacred Geometry

**Dr. Paul Afalla**, Lima, Peru

Healing Power of Crystals

**Craig Pattinson**, NSW, Australia

Creating Healing Environments

**Cedric Hood**, Peitermritzburg, South Africa

The Way of a Songoma, an African traditional healer

