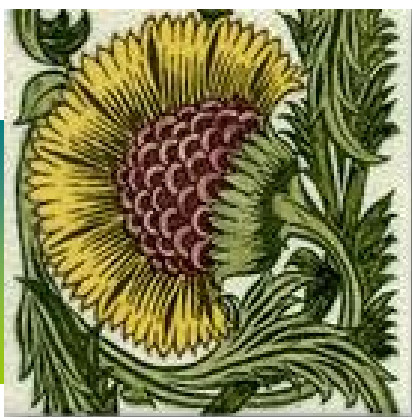




Spiritual Directions



Fall Newsletter 2007

Director's Comments

We have moved into new space at 1407 10th Street SW. It is a wonderful old house (1909 vintage) that we have been preparing this summer for our use. It is now ready to serve you and the community for spiritual and personal growth, healing, counselling and mentoring. The Strawberry Tree Studio is right around the corner at 1107 14th Ave. SW. We are sharing space with St. Stephen's Anglican Church in a large, well lit room between the church and their memorial hall. Look for the long bank of windows and our sign. Here is our programming for September. For more information please call our office at 210-2802, or visit our website

"Never worry about numbers. Help one person at a time, and always start with the person nearest you."

Mother Teresa

Contents

Director's Comments,	
Workshops & Courses	1
Remembering	
Gayle Laird.....	2
Open House Invitation.....	2
Compassionate	
Communication	3
Reader's Notes.....	4

SEPTEMBER WORKSHOPS & COURSES

Healing Touch Level One Training:

This weekend, September 7 – 9

Spiritual Writing:

Monday, September 10, Saturday, September 22

Heart Centered Communication:

Saturday, September 15

Seasonal Celebration:

Monday, September 17

Spirit in Nature:

Monday, September 24

Celebrating the Stages of Women's Lives:

Saturday, September 29

Spiritual Intelligence I: The Exquisiteness of Being Human:

Saturday, September 29

Listening To Our Bodies:

Saturday, September 29

Basic Spiritual Response Therapy: Weekend workshop

September 28 – 30

Enrichment for Singles:

Wednesdays beginning Sept 19

Meditation Course:

Wednesdays, beginning Oct 3

Harmonize Events, Attune Life:

Friday Evening, September 21



1407 – 10th Street NW
Calgary, AB, T2R 1E7

Phone: (403) 210-2802
teaching@spiritualdirections.com
www.spiritualdirections.com

We look forward to seeing you at our new facility.

John Griffith, Director



REMEMBERING Gayle Laird 1949 – 2007

Gayle Laird's death this summer (July 28) was a shock and a great loss for our spiritual community. Gayle was a teacher and out door enthusiast. She was active in many hiking and skiing groups, Toastmasters, choirs, and other small groups. She was a spiritual pilgrim constantly searching, learning and teaching. She and Tom created Inner Works, Inc and taught the Enneagram at Spiritual Directions since we opened our doors in 2000. Gayle wanted to help people live more consciously and enjoy more productive and fulfilling lives.

Gayle and Tom have been strong supporters of the Spiritual Direction's mission and program since its inception. They participated in our facilitator gatherings and planning sessions, adding their spirit to our development. This spring Gayle was part of a small group discernment process that I called together. Gayle's presence, humour, love and wisdom will be greatly missed as we move on this year. We extend our prayers and support to Tom and family in this difficult time of mourning.



AN INVITATION

...We are having an OPEN HOUSE
at Spiritual Directions on
Sunday afternoon, 16th of September
from 12:30 to 2:30 pm
and would love to see you in our new home.

COMPASSIONATE COMMUNICATION

By
Anne Walton

How do we live an authentic life; a life in which we vibrantly express our innate joy, compassion and wisdom?

As a person who's been on a spiritual path for many years, this question has perplexed me! I've found it challenging to bring my spirituality into my day to day interactions with others (not to mention with myself!). There are periods over the past 25 years or so, when it seemed the easiest course would be to live in a monastery where I would have constant reminder about my spiritual essence.

And, like many of us, I have chosen to live in this world; to live in a large city with high speed freeways and warp speed mind chatter! We've chosen to live in a society which seems to encourage disconnection from ourselves; a culture which appears to support judgment, criticism and fault finding. Gandhi says we commit passive violence all the time, consciously and unconsciously.

For those of us on the Spiritual Journey, there are an abundance of tools and processes which support us in living from our essence. One of the tools that I'm finding immensely supportive in a very practical way is Nonviolent Communicationsm. In his book "Nonviolent Communication: a Language of Life", Marshall Rosenberg, PhD says "it is our nature to enjoy giving and receiving in a compassionate manner. NVC language strengthens our ability to respond compassionately to others and ourselves and in doing so, to inspire compassion from others."

Every interaction we have is an opportunity to come from our heart; to listen to another and hear their deepest need; to see past life alienating behaviour to the needs the person is trying to meet. Through conscious intent, commitment and practice, we can change the pattern of our interactions with others (and with ourselves) and move in the direction of greater compassion.

The practice has glorious benefits; not only in our own lives but for Planet Earth as well. Now is the time!

Anne Walton

On Sept 15 from 9-4, Anne is offering "Heart Centered Communication", a workshop based on the Nonviolent Communication model. Anne is an RN, presenter and comedienne with a certificate in Conflict Resolution from the Justice Institute of BC. She is a trainer candidate with the Center for Nonviolent Communication <http://www.cnvc.org/> and is passionate about sharing these tools with others. Anne can be reached at 403 541 0662 or anne.walton@shaw.ca

Reader's Notes



Alternative Social and Political Commentary:

Briarpatch Magazine (briarpatchmagazine.com)

Each issue of this magazine focuses on one particular theme and explores it in depth. The June/July issue took a critical look at the media industry in Canada and the way it is limited in its reporting by advertising and political connections. It stressed the need for independent media and critical debate if we are going to remain a democratic society and make good decisions on the world stage. Briarpatch suggests that Embedded reporters are "in bed" with the powers that be which limits their ability to report the whole story.

Getting To Maybe

by

Westley, Zimmerman & Patton

The book describes in detail the process of social innovation, beginning with the qualities of an innovative leader. The authors speak about the importance of hearing the call, listening, and developing a relationship with the "powerful stranger" who represents obstacles and resistance. They emphasize the necessity of unlocking the resources claimed by the status quo and the vital importance of being able to go with the flow. This last point refers to the spiritual nature of being a change agent. It is not so much about creating the future as about letting new life emerge as we put our principles and energy to work for the benefit of the whole world. This is a good read for anyone involved in spiritual work, social justice initiatives or environmental action, as well as people who are interested in ways change can happen intentionally.

"There is much possibility of stepping across the threshold from helplessness to action, from caution to belief, from ignorance to knowledge. Doors constantly open. There is no formula for knowing which is the right door"

from 'Getting to Maybe'

