

Summer 2008



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It is time for greatness, not for greed. It is time for idealism, not ideology. It is a time not just for compassionate words, but compassionate action.

Marion Wright Edelman

Summer is a time which offers us an opportunity for a change of pace. For some it is looking forward to travel, getting out of the city and away from work and daily routine. For others it is a change of activity, gardening, sports, hiking in the mountains or sipping coffee at sidewalk cafes with friends. And for all of us it is an opportunity to eat local, fresh food, catch up on some reading or favorite hobby and to do some new things to nurture the soul.

Spirituality is an aspect of our life that urges us to explore our connections: our connections to our own heart, our connections to our friends and community and our connections to the earth. When we do this we find our connection to God.

At Spiritual Directions we have been having spiritual conversation evenings in which we explored our experiences and the teachings of others around themes of spirituality. Our Spiritual Conversations and Conversation Café formats give everyone an opportunity to share and learn from each other. The conversations are not attempts to solve problems or come to a consensus. They are times to celebrate our diversity and enjoy listening as well as expressing our own truths.

We at Spiritual Directions wish you a beautiful and refreshing summer season. We have a few workshops to nurture your spiritual life during the summer. Details are on Page 2. During July and August our summer hours for registrations, reception and information will be Monday through Thursday, 9 am to 12 noon. Phone messages and emails will be answered during this time. We will be open for appointments and groups at other times,

Our next newsletter will be sent the last week in August. We have some interesting workshops coming up in the Fall: a Medicine Wheel Experience and Sacred Drum Workshop (details on next page). If you would like to be registered for these please call the office.

Summer Reading

We are expanding our library and invite you to drop by Monday to Thursday mornings during the summer. We have over 100 new titles - some examples are:

- *God in Your Body: Kabbalah, Mindfulness & Embodied Spiritual Practice*, J. Michaelson
- *One Spirit: A Creation Story for the 21st Century*, Jean Latz Griffin
- *Finding Our Way: Leadership for an Uncertain Time*, Margaret Wheatley
- *Thank God for Evolution: The Marriage of Science and Religion*, Michael Dowd
- *Keeping Silence*, C.W. McPherson
- *Find God in the Singing River*, Mark Wallis
- *Holy Conversation*, Peter Steinke.

The most recent book by a facilitator associated with Spiritual Directions is **Dare to Change Your Job and Your Life**, by Carole Kanchier. This book will help you jump start your personal and professional life in our evolving world. Practical techniques and motivational content help you gain the courage to take charge of your career and your life. You can contact Carole at carole@daretochange.com.

Summer Programs...

Spiritual Conversations with **John Griffith** and **Brenda Gibbs**.

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. Our themes are Play (July 7), Imagination (July 14), Shadow (July 21) and Unity (July 28). Monday Evenings, 7 to 9 pm, Donations accepted.

Divine Inspiration with **Margot McKinnon**

Discover how your spirit connects with the spiritual dimension, release spiritual baggage so that you can envision your purpose and the means to bring it to fruition. Sunday, July 9, 10 am to 5 pm, \$125, Divine Inspiration Tune-up Session, Thursday, July 31, 7 to 9 pm. Share your post session homework results, insights, questions and eureka moments. Be prepared to get more homework. \$30.

Didgeridoo: Intermediate Technique with **Audrya Corbett** and **Sean FreeZen**

Expand your knowledge and learn different techniques for playing the didgeridoo. Please bring your own instrument. July 19, 12 to 5 pm. \$90 (There is a 20% discount for people who made their didgeridoos with Audrya and Sean)

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. Use paints, dyes, pastels and carved or wood-burned leather to embellish your creation. We have some spectacular creations at our office if you would like to see one of these. Sunday, August 10, \$55 includes all materials.

Celebrating the Artist Within with **Straja Linder King**

Art and Spirituality. Mondays, July 28 and August 25, 7 to 9 pm in the Studio at 1121 14th Avenue SW. \$15. Please register by calling 210-2802

World Soul Wilderness Retreat with **Straja Linder King**

This retreat at River Rock Studio has an elemental, directional and seasonal orientation keeping us in touch with the cycles of our life and the earth. Monday, August 17 to Friday, August 22. \$1200 includes meals, accommodation, unlimited studio time and all supplies.

Making Your Vision Tangible with **Margot McKinnon**

Have you got an idea bubbling inside, but cannot seem to create the structure needed for a tangible product? Let this be the year you make your dreams a reality. Saturday, August 9, 10 am to 5 pm, \$125,

Making Your Vision Tangible Tune-up Session, Thursday, August 21, 7 to 9 pm. Share your post session homework results, insights, questions and eureka moments. Be prepared to get more homework. \$30

Sounds & Silence with **Marsha Read**

In the beginning your consciousness sounded, and you were born into the great harmony of life. A self-care workshop to put the song in your soul by exploring drumming, chanting, toning and bowls. Monday, August 11, \$15



Drumming with **Standing Bear**

Drumming is divine, magical and healing. Participate in this workshop and experience how the dynamics, rhythms and vibrations of drumming circles can promote holistic wellness. Bring your own drum or use one of ours. Please register. Monday, August 18, \$15

Register Now for These Popular Fall Workshops...

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 drumstick and rattle, or willow and antlers will be provided. Workshop date TBA. \$175 includes all materials

Medicine Wheel Experience with **Dakota Eagle Woman**

In this two and a half day introduction to the Medicine Wheel; Day 1 we will discuss the 4 cardinal directions, animals and their relation to the Medicine Wheel, Day 2 we will walk a Medicine Wheel, and Day 3 we will discuss our individual experiences. Saturday, September 20, Saturday, September 27 and Sunday, September 28. \$150 includes traveling expenses.