

INNER SOUL WORK GROUP

Third Thursday of the Month



Overview

Inner Soul Work Groups are monthly spiritual formation groups for professional ministry leaders to deepen their awareness of God through prayer, spiritual practice, attentiveness, and presence.

Inner Soul Work Groups hold contemplative retreat space for leaders to tend their own inner souls in community with others. Meeting once a month for full-day retreats, participants listen and notice, receive and share, explore practices of inner and outer awareness, and engage in ways of praying that open head, heart, body and spirit. Participants go deeper in the spiritual journey with attentiveness to God's transforming presence by following gentle rhythms of group prayer, practice and exploration; individual time for solitude, silence, reflection, journal writing, or walking the grounds; and community time for sharing of the spiritual journey.

Objectives

- To cultivate holy listening—listening to God, ourselves, each other and creation.
- To engage in Christian spiritual practices that can increase understanding of God's movement, deepen faith and support prayer and presence as a way of life.
- To explore the riches of contemplative life, prayer and leadership.
- To embrace rhythms of living that heal, bless, and transform our lives.
- To experience being known and loved by God.

Themes

Retreat themes for the 2016-2017 year are drawn from monastic hours of prayer and serve as gentle guides towards a deepening and transforming experience of God's loving presence.

September: Night Watch: Practicing Deep Listening, Lectio Divina with Our Lives

October: Awakening: Practicing Attentiveness and Awareness

November: Blessing: Practicing Sensory Body Prayer and Blessing Body, Breath & Being

(No retreat in December)

January: Illumination: Practicing Finding God in All Things, Consciousness Examen, Consolation and Desolation

February: Wisdom: Practicing Embracing Mortality, Emptying, Saying the Four Things

March: Gratitude: Practicing Gratitude and Finding Balance in Work, Leisure, and Prayer

April: Great Silence: Practicing Honoring Sabbath

Commitment

Inner Soul Work Groups are limited to six participants per group. Participants commit:

- to attending all monthly retreats to the best of their ability.
- to being open to sharing their own spiritual journey with others.
- to engaging in spiritual practices and a personal life of prayer.

Cost and Payment

Cost is for seven full-day retreats with lunch provided, \$60 per retreat or \$420 total. Participants may pay in full or in two payments of \$210. A compassion fund is available on a very limited basis. Participants are encouraged to seek funding from their churches.

Location

All sessions are held in the quiet, 14 acre peaceful retreat setting of [Pathways Retreat](#), 309 ½ Hackett Road, Goshen IN.

Facilitator



Julie Stegelmann is a consecrated diaconal minister in the [ELCA](#) who has a deep appreciation for contemplative life and practice. She holds a MA in Christian Formation from [AMBS](#), in association with [LTSG](#). She has additional training from the [Enneagram Institute](#), [Gestalt Pastoral Care](#), and she is certified as a [TRE Provider](#). Julie is a Lay Cistercian of the [Abbey of Gethsemani](#), Trappist, KY.

As co-director of Pathways Retreat, Julie offers a variety of services including spiritual direction, group spiritual formation, contemplative retreats, gestalt pastoral care sessions, Enneagram coaching and awareness, and one-on-one and group TRE sessions – an innovative way of assisting the body in releasing deep muscular patterns of stress, tension and trauma. Julie is passionate about tending the whole person; head, heart, body and spirit. She loves being in creation, communing with furry creatures, especially cats, and embracing monastic rhythms in the monastery of her daily life. She has been married to Bodie for 28 years and is the mother of three beloved adult sons.

Dates and Times: Inner Soul Work Group Third Thursday of the Month

- September 22 (Note Sept. retreat is the fourth Thursday)
- October 20
- November 17
- December-No retreat
- January 19
- February 16
- March 23 (Note March retreat is fourth Thursday)
- April 20

Start and end time can be decided by participants, 9am-3pm; 9:30am-3:30pm; or 10am-4pm. Please email juliestegelmann@gmail.com to register or call 574-202-2864.