

Facilitation

Julie Stegelmann is a Word and Service Minister, ELCA and serves as a spiritual director and co-director of Pathways Retreat. Julie holds an MA in Christian Formation. She has additional training in Gestalt Pastoral Care, Enneagram Training, and TRE- an innovative way of assisting the body in releasing deep muscular patterns of stress, tension and trauma. Julie cares about tending the whole person; head, heart, body spirit, and emotions as a pathway of prayer and presence. She loves being in creation, communing with furry creatures, especially cats, and embracing monastic rhythms in the monastery of her daily life.

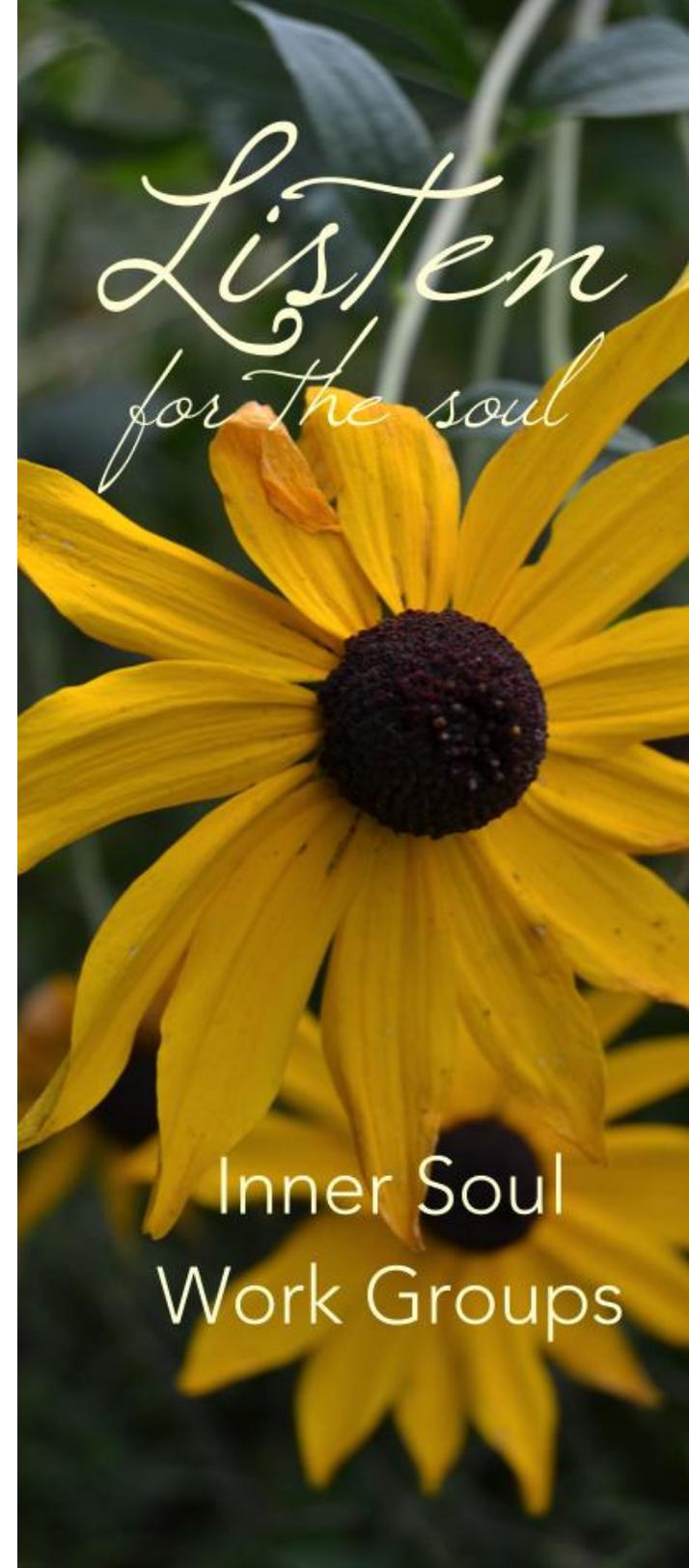


For more information or to reserve space in an Inner Soul Work Group contact:

Julie Stegelmann
(574) 202-2864
juliestegelmann@gmail.com
or visit the Pathways website



Pathways Retreat
309 1/2 Hackett Road
Goshen, IN 46528
www.pathwaysretreat.org



INNER SOUL WORK GROUPS



Inner Soul Work Groups provide professional ministry leaders contemplate space to tend to their own souls in community with others.



Meeting once a month for full day retreats, leaders come away to the peaceful setting of Pathways Retreat to listen and attend to God's transforming presence in their lives.



Through prayer and spiritual practice, silence and solitude, and group spiritual direction, leaders find resources for healthy living and ministry.

"Human beings feel and find God as presence primarily in relationships, especially in friendships which have the love of God at their core. Our hearts burn because we long for God, our home, our end. When we touch other hearts aware of their yearning, we in fact touch something of God-with-us- now." -Wendy Wright

Rhythm of the Day

- Morning Prayer. We gather together and check in. We pray together.
- Silence & Solitude. We enter two hours of silence and solitude for personal reflection and listening.
- Lunch Together. We share a meal as a community.
- Group Spiritual Direction. We practice group spiritual direction. We listen, notice, and open to God's grace, activity, and invitation.



Objectives

- Cultivate holy listening- to God, ourselves, each other, and creation.
- Explore the riches of contemplative life, prayer, and leadership.
- Experience being known and loved by God.

Inner Soul Work Groups will be offered once a month either the second or third Thursday of the month. The time frame is September 2018 to May 2019, skipping December.

*The commitment is to attend all eight of the full day retreats.
This helps build community and trust.*

*The cost for each retreat is \$60, including lunch.
The cost for all eight retreats is \$480.*



When you listen generously to people they can hear the truth in themselves, often for the first time. -Rachel Naomi Remen