

# Pathways Retreat

# Rhythms



October 2014



## Autumn Gratitude

On September 24, twenty Goshen College students visited Pathways for a day of engagement in the community. Oh, how grateful we are for their work, service and presence.

A tree was cut down, brush hauled, invasive plants pulled, retreat house and cottage cleaned. As I write this reflection, I am peering out of a sparkling clean window in the retreat house!

After morning work and lunch, students were invited to take a walk in the woods or spend time walking a labyrinth. The invitation was simple – to breathe in the sights, smells, sounds – to inhale and exhale – to let themselves become part of this moment in nature. To bathe in creation.

Our hearts are filled with gratitude for those who offer their presence, hands, and energy to help us care for the space of Pathways. Thank you!

An autumn invitation for all: Come to Pathways to bathe in creation!

In joy, Julie and Linda  
Co-directors

**Delicious autumn!**

**My very soul is wedded to it  
and if I were a bird**

**I would fly about the earth  
seeking successive autumns.**

**George Elliot**

**Pathways Mystic\* of the Month  
Joan Chittister**

Autumn, Season of Wisdom and Transformation, you are the golden season. You come, laughing out a harvest. The ripening of our crops has made the earth a dinner table, and you are the one who serves us.

You turn our faces toward the west and remind us of the transitory nature of all things. You call us to surrender. You stir up in our souls a great hunger, a yearning for transcendence. At every moment you are dying to live while we want to live without dying.

Teach us the art of surrendering that we might taste the fruit of buried seeds. Teach us to live wisely between our birth and our death. Open our hearts to all that needs transformation. Invite us to join your beautiful dance. Share with us your virtues of acceptance, obedience, and wisdom. Abide with us forever.

Transforming, honest season, you know when to let go.  
Teach us!

Joan Chittister, *The Circle of Life: The Hearts Journey Through the Season*  
Joan is a member of the Benedictine Sisters of Erie, Pennsylvania

*\*definition of mystic:  
one who watches and is attentive to the sacred in life*

## Practices that Ground and Support Our Lives Come and participate!

No registration or fee is needed to attend weekly prayers.

### Evening Lectio Divina

Each week we practice lectio divina: an ancient practice of praying the scriptures. This way of reading scripture is slow and meditative and encourages restful silence, listening, waiting and response. Lectio is a form of prayer that invites us to listen deeply to scripture – to its connection with our lives and God's invitation.

**Tuesday Evenings 5:30–6:00 p.m.**

### Morning Contemplative Sit

We sit in silence under the loving gaze of God. During this prayer time the invitation is to sit quietly, breathe, relax and deepen your ability to settle into your own presence and the Presence of Divine love already at home within.

**Tuesday Mornings 7:30–8:00 a.m.**

### Morning Centering Prayer

Rooted in the prayer tradition of the Psalms, we gather to “Be still and know that I am God.” The intention is to consent to God's presence and action within. As a way to return to this intention, a sacred word is chosen to repeat silently to yourself.

**Thursday Mornings 7:30–8:00 a.m.**

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### Poetry as Prayer

Poetry as Prayer is a six month formation group for those wanting to explore poetry as both an invitation to, and a form of, prayer.

Participants will be guided in deepening their receptivity to God through praying with poems related to the themes of longing, attention, encounter, struggle, surrender and hope.

The group will meet one time per month for 90 minutes. Gatherings will include input, private reflection, silence and sharing. Each participant will be given a binder in which to collect a wealth of poetry and resources on praying with poetry shared by the presenter. The primary focus will be on praying with published poems of others, but opportunities for writing and sharing one's own poetry (if desired) will be offered.

**Dates: Mondays, 11/10, 12/8, 1/12, 2/9, 3/9, 4/13**

**Time: 7:00 – 8:30 p.m. Facilitator: Elaine Jarvis**

**Cost: \$100 for six sessions**

To register: visit our website, email [julie@pathwaysretreat](mailto:julie@pathwaysretreat) or call 574-202-2864.

## An Autumn Invitation from Joan Chittister

Go for a walk and gather some autumn leaves (or draw, or paint them).

Let each leaf represent some part of your life's journey where you had to let go of someone or something in order to grow (a child leaving home, a change of attitude, loss of a job, an illness, a death...)

Give a name to each of these leaves, one for each of your significant autumn experiences. Drop each leaf into a basket, calling out its name as you do so.

Keep the basket with you for the season of autumn.

Look at it often, remembering how each of these autumns required you to lose something in order to gain something new for your growth.



Thank you, God of transformation,  
for all these lessons  
that the autumned earth  
teaches me.

Pathways Retreat is a spiritual retreat center in the city limits of Goshen, Indiana, offering rest, reflection and renewal with God.

309 ½ Hackett Road, Goshen, IN 46528  
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