

Pathways Retreat

Rhythms



September 2014

With Julie's recent experience of monastic living and with the turning of the seasons from summer to fall, we pay attention once again to rhythms of living – to our own rhythms of energy and rest and to developing daily or weekly schedules of prayer and work, rest and relationship. We invite you to reflect with us upon your own daily or weekly rhythms of energy and rest and to consider your own schedule of work and prayer, of rest and relationship that might be most beneficial to you and congruent with your commitments. In this newsletter we share with you some new opportunities Pathways Retreat offers for rest, relationship and renewal of being. We invite you to partake!



In blessing, Julie and Linda

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

Windwatchers

Windwatchers is a monthly spiritual discovery group for those wanting to cultivate awareness of God through practices of attentiveness and receptivity drawn from Christian tradition and Gestalt Pastoral Care.

Each month we learn about a practice such as prayer of awareness, lectio divina, visio divina, modes of perception, awareness continuum, contemplative photography, or centering prayer. There will be opportunities to play and pray, and reflect together on our experiences.

Dates: Saturdays 9/20, 10/18, 11/15, 12/20/2014; 1/17, 2/21, 3/21, 4/18, 5/15/2015.

Time: 9:30 – noon.

Facilitator: Sally Weaver Glick

Cost: \$250 for nine sessions

For more information or to register, visit our website or call 574.202.2864. Registration is needed for Poetry as Prayer, Windwatchers, and Praying with Body.

Praying with Body

Praying with Body is a guided prayer practice integrating scripture, prayer and body. Lectio Divina is used to enter into the text which is then followed by a series of stretching, strength, and balance movements to pray with body. The movements use the breath to create strength, space and growth. No prior experience or fitness level is required.

Dates: Sept 10, 17, 24; Oct 1, 8, 15, 29; Nov. 5, 12, 19

Time: 7:30 – 8:30 a.m.

Facilitator: Ingrid Friesen

Cost: 5 Punch Pass Card \$45. Pay as you go - \$10 session.

Weekly Prayers

A New Weekly Prayer!

Lectio Divina

Beginning September 9, we begin weekly lectio divina prayer. The process of lectio divina provides a way to read scripture in a slow and meditative way, encouraging restful silence, waiting, listening, and response. Through lectio, we are encouraged to listen with the "ear of the heart." We come to the text not for information but for the transformation of our lives.

Time: Tuesday Evenings 5:30 – 6:00 p.m.

Continuing prayers...

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.

Time: Tuesday Mornings 7:30 – 8:00 a.m.

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.

No registration or fee is needed to attend weekly prayers although donations are always welcome. These prayers are led by Pathways directors and associates.

Mystic of the Month

St. Benedict of Nursia, author of the *Benedictine Rule of Life*, is considered the founder of western monasticism.

Benedict's most fundamental insight in the *Rule* is that we seek God through ordinary means.

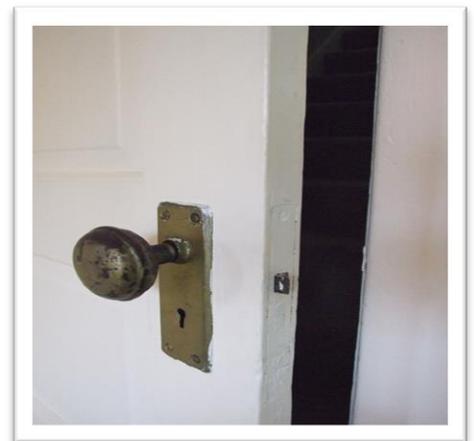
The genius of Benedict was to situate the individual search for God within a communal context that shaped as well as supported the quest. For him, community was not simply the place where one seeks God but its vital means.

Benedict's simple theology of prayer: "We believe that the divine presence is everywhere."

"Handle the things of the kitchen, pantry, and the garden with as much love, reverence and respect as the sacred vessels of the altar." The Rule, Ch. 31

An invitation...

Can we learn to open a door with reverence every day?



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

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www.pathwaysretreat.org

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