

# Pathways Retreat

August 2016

*Prayer: joining the in-breath and the out-breath with the One Breath of the universe.*

Hildegard von Bingen

---

## A Deepening Inhale

Breathing in...breathing out. Breath in bodies creates a natural, pulsating rhythm.

A respiratory control center at the base of our brain controls this natural rhythm. Sending signals down the spine to ensure that muscles contract and relax regularly, this control center causes breath to happen naturally, rhythmically, without need of our awareness.

Sensors throughout our body change our breath patterns as needed to keep us healthy and functioning. I remember attending childbirth classes where I learned special kinds of breath patterns for birthing: slow breathing, accelerated breathing, and the mantra “pant, pant, blow.”

As Pathways embarked upon the expansion project which included designing, fundraising, building, painting, excavating, paving, planting...our breath necessarily changed. Some of our normal rhythms, such as weekly prayer, ceased for a while.

However, the seeding of the east lawn, planned for August 20, wraps up the expansion project. The time for a deepening inhale approaches...and the return of our weekly rhythm of prayer (see right).

Consider making one or all of our weekly prayers part of your natural, pulsating rhythm. All are welcome!

-Linda Lehman Thomas



## Please join us...

Visit the Pathways [website](#) to learn more.

### **Contemplative Sit**

Tuesdays, 7:30 - 8:00am  
(resumes August 16)

### **Centering Prayer**

Thursdays, 7:30 - 8:00am  
(resumes August 18)

### **Lectio Divina**

Fridays, 8:00 – 8:30am  
(begins August 19)

## A Flurry of Exhale



This spring and summer has been a time of busyness, creativity, and high productivity around the grounds of Pathways Retreat. Poetically speaking, it's been a time of breathing out. (Speaking literally, it would be more accurate to say there is a lot of panting and sweating going on. But we're speaking metaphorically.)

During this very busy summer we:

- Refurbished the meditation nooks surrounding the [wildflower meadow](#)
- Planted nearly 600 native grasses and wildflowers in our new rain garden
- Paved and expanded our parking area
- Landscaped flower beds adjacent to the new retreat house
- Landscaped retreat house window wells
- Installed a new brick walk leading to the back door of the retreat house
- Moved several trees to the east yard
- Continued to remove invasive plants in the woods, opening space for recovering native species



We are so grateful for the generous contributions of time and money that made these things possible. We are especially grateful to Steve Thomas for volunteering his summer sabbatical to these efforts. Many others contributed as well, but Steve personally carried the lion's share. Thank you, Steve!

There is still more work to do—both creative, generative work and seasonal maintenance. But as the summer winds down, we look forward to slowing down a little and breathing in.

How are you experiencing seasonal rhythms of breathing in and breathing out? What invitation is being offered to you at this time? - Evan Miller

### Invitation

Speaking of invitations, here's one to get your hands dirty. Between August 13 and 27 we're hosting work parties to prepare and seed the east lawn, and related work. This is the last big push before the end of the summer, and we can use help. Please contact Evan Miller for specifics.



## Breath Prayers

A breath prayer is a short phrase, petition, or praise repeated in rhythm with your breath.

Click on these links for resources on three specific breath prayers:

[The Jesus Prayer](#)

[Breath prayer with Psalm 46.10](#)

[Creating a personal breath prayer](#)

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

[www.pathwaysretreat.org](http://www.pathwaysretreat.org)

Julie Stegelmann, Linda Lehman Thomas & Evan J. Miller, Co-Directors

[juliestegelmann@gmail.com](mailto:juliestegelmann@gmail.com) / [lindalehmanthomas@gmail.com](mailto:lindalehmanthomas@gmail.com) / [evanjmiller@frontier.com](mailto:evanjmiller@frontier.com)