

Pathways Retreat

January 2017

Finding God in All Things

The Examen is a simple prayer that helps us review our lives and find God in all things. In the sixteenth century St. Ignatius, author of the Spiritual Exercises, taught that God speaks to us through our deepest feelings and longings, through what he called “consolation” and “desolation.” Consolation is whatever draws us close to God, fills us with life, and makes us feel that all is right in the world. Desolation is its opposite: things that pull us away from God, alienate us from ourselves and others, and drain life from us. He believed that by paying attention to these two movements within us, we could come to know what the voice of God within us most wanted to reveal, thus allowing space for God to shape our souls and direct our lives.

Entering a fresh new year, look back and open to the events of this past year. What brought life? What was your biggest challenge? What shines from the past year, illuminating this new year? Here are two resources, an [annual examen](#) and [daily examen](#). May you find God in all things.

**There is a time in every life
when the very act
of looking back
and taking stock
becomes essential
to going forward.**

**Without the light
that shines out of the
darkness of the past,
we cannot chart
a new path
to the future.**

Joan Chittister
Monasteries of the Heart



Pathways Retreat was included in The Good of Goshen’s list of [10 Places to Chillax and Be Well in Goshen](#).

Come for a guided retreat, join us for morning or Iona healing prayer, spend some time walking the woods and labyrinths, or reserve the cottage for a day away.

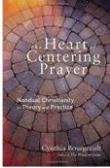
New Year, New Retreats!

Opportunities for beginner and more experienced contemplatives alike! More information and registration available online.

Heart of Centering Prayer

Mondays, beginning January 23

Facilitated by Nina Lanctot

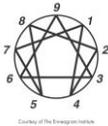


Study *The Heart of Centering Prayer* (Cynthia Bourgeault) and *The Cloud of Unknowing*, while also engaging in the practice of centering prayer.

Introduction to the Enneagram

February 2-4 (Register by January 19)

Facilitated by Tamara Shantz



Learn this ancient tool for self-awareness and spiritual growth.

Watercolor as Spiritual Practice

February 10 & 24, March 10 & 24

Facilitated by Sylvie Gudín Koehn



Learn watercolor techniques while noticing what's happening on the page and within one's self.

When we learn from one another,
we are all illuminated.
We come to see the world through
the eyes of the other
in addition to our own.
Then we are better able to build a
path for all humanity
rather than simply light the way to
our own desires.

Joan Chittister, *The Monastic Way*



January Calendar

January 3: [Contemplative Sit](#)

January 5: [Centering Prayer](#)

January 6: [Lectio Divina](#)

January 9: [Spiritual Directors Day Away](#) &
[Iona Prayer for Healing](#)

January 10: [Contemplative Sit](#)

January 12: [Centering Prayer](#)

January 13: [Lectio Divina](#)

January 17: [Contemplative Sit](#)

January 19: [Centering Prayer](#) & Registration
deadline for [Enneagram Workshop](#)

January 20: [Lectio Divina](#)

January 23: [Heart of Centering Prayer](#)

January 24: [Contemplative Sit](#)

January 26: [Centering Prayer](#)

January 27: [Lectio Divina](#)

January 30: [Heart of Centering Prayer](#)

January 31: [Contemplative Sit](#)

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

309 ½ Hackett Road, Goshen, IN 46528

www.pathwaysretreat.org

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

juliestegelmann@gmail.com / lindalehmanthomas@gmail.com / evanjmiller@frontier.com