

# Pathways Retreat

January 2018

**An act of love, a voluntary taking on oneself of some of the pain of the world,  
increases the courage and love and hope of all.**

Dorothy Day

## **Candlemas Service**

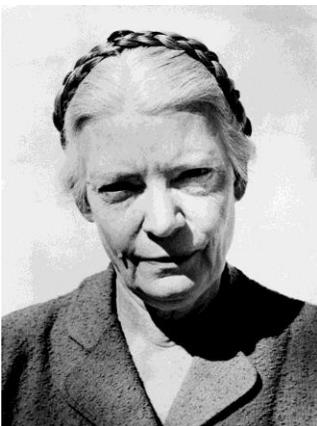
**February 1, 7:00-7:45pm.**

The celebration of Candlemas on the 40<sup>th</sup> day of the Christmas/Epiphany season, originated in the late fifth century as a day of light and hope. The name was derived from Luke 2:22-40, where Simeon declared Jesus "a light of revelation" to the world. This celebration also honors the renewing of light that comes in the natural world at this time of year, the midway point between the winter solstice and spring equinox.

All are invited to Pathways Retreat's celebration of Candlemas on Thursday, February 1 at 7pm in the retreat house. In this simple service of light and blessing, the candles to be used this year at Pathways Retreat will be blessed to be a sign of the eternal brightness that illumines all of creation. You are invited to bring your own candles for blessing as well.

"Our bright shining candles are a sign of divine splendor of the one who comes to expel the dark shadows...to make the whole universe radiant with the brilliance of eternal light."

Sophronius, Sermon for Candlemas, AD 638



## **Mystic of the Month**

**Dorothy Day** (1897-1980) was an activist who worked for such social causes as pacifism and women's suffrage. In 1933, she co-founded *The Catholic Worker*, a successful newspaper promoting Catholic teachings that spawned the Catholic Worker Movement.

**There is plenty to do,  
for each one of us,  
working on our own hearts,  
changing our own attitudes,  
in our own neighborhoods.**

Dorothy Day

## Spirited Movement Prayer

**Mondays, 5:00-6:00pm**

**January 15, 22, 29**

**February 5, 12, 19, 26**

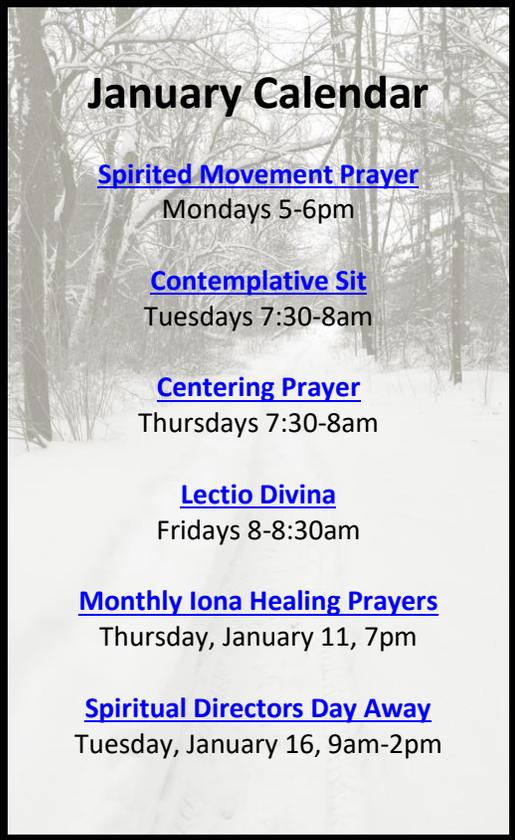
**March 5, 12, 19, 26**

“Pleased with us, in flesh to dwell... Jesus our Immanuel!” proclaims the third verse of *Hark the Herald Angels Sing*. It is on the resonating chords of that tune and those words, that we welcome in the new year with Spirited Movement Prayer facilitated by Sara Klassen, yoga instructor and Gestalt Pastoral Care trainee. Sara says, “In this series, we will move through poses that not only feel good, but also have extravagant and plentiful benefits for body, mind and spirit. This practice grows in us the fruits of the spirit, giving us an opportunity to be present to ourselves and Immanuel, God with us.” Sara will adapt classes to be suitable for any body, so ALL are welcome. Pathways provides the yoga mat.

Cost: Drop in fee \$15/session

Five session punch pass is \$60. Punch passes may be purchased online or in person. You may pick up your punch pass at your first session.

Register [online](#) or contact [Julie Stegelmann](#), 574-202-2864.



### January Calendar

[Spirited Movement Prayer](#)  
Mondays 5-6pm

[Contemplative Sit](#)  
Tuesdays 7:30-8am

[Centering Prayer](#)  
Thursdays 7:30-8am

[Lectio Divina](#)  
Fridays 8-8:30am

[Monthly Iona Healing Prayers](#)  
Thursday, January 11, 7pm

[Spiritual Directors Day Away](#)  
Tuesday, January 16, 9am-2pm

## Opening to Grace Group

**Thursdays, 4:30-6:30pm**

**February 15, 22, March 1, 15, 22**

Gestalt Pastoral Care (GPC), a synthesis of Gestalt theory, spiritual direction and prayer, is an awareness-based and spiritually integrated approach to inner growth and wholeness. Linda Lehman Thomas, GPC minister and trainer, will facilitate this group that will meet five times. The first session will be an introduction to the process and to each other. The following sessions will provide opportunity for one participant to “work” while the rest of the group offer support through presence and prayer. There is space for four participants and two observer-intercessors. The observer-intercessors participate fully in the group but do not have space to do their own work. This is a healing modality that is better experienced than explained. Please contact [Linda](#) if you have interest and questions.

Cost: participants \$175, observer-intercessors \$150

Register [online](#) or contact [Linda Lehman Thomas](#), 574-333-1822

Pathways Retreat is a spiritual retreat center for Rest, Reflection and Renewal.

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