

# Pathways Retreat

October 2016

Pay attention to your life as it is being given to you right now.

Ruth Haley Barton

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## Attentiveness

The practice of attentiveness, of paying attention to all that is around us, can shift our equilibrium and our perspective. It can open us to the awareness that all is sacrament, all is holy. When practicing attentiveness, we'll likely encounter God. All it requires is slowing down enough to notice what's around you and happening in this moment.

Back in the 14<sup>th</sup> century, [Julian of Norwich](#) noticed with her "eyes of understanding" a hazelnut in the palm of her hand. Seeing it as representing the world—all that God had made—she wrote, "In this

little thing I saw three properties. The first is that God made it. The second that God loves it. And the third, that God keeps it." Through the practice of attentiveness, she understood with spiritual depth how God loves and keeps all that God has made.

In Exodus, Moses turns aside to look at the burning bush that doesn't burn. "This practice of *turning aside to look* is a spiritual discipline, which, by its very nature sets us up for an encounter with God... All of us have burning bushes in our lives, places that shimmer with grace, alerting us to the possibility that God is at work doing something, we could not have predicted... As we live our lives in humble response to the One who is calling to us out of the burning bush in our own lives, we discover that we are standing on holy ground more often than we think!" (Ruth Haley Barton, *Strengthening the Soul of Your Leadership*).

This month we invite you to pay attention. Pay attention to the colors, sights, and sounds of this glorious fall season. Notice the creatures around you. Look twice at the people you encounter throughout the day. Notice your life as it is given to you in each moment. Perhaps you'll find that the ground upon which you stand is holy.

## This Month

### [Spiritual Directors Day Away](#)

October 10

### [Iona Healing Prayers](#)

October 10

### [Wisdom Jesus Group](#)

October 17, 24, 31

### Morning Prayers

### [Contemplative Prayer](#)

Tuesday & Thursday

7:30-8:00

### [Lectio Divina](#)

Friday

8:00-8:30



A [cottage](#) is available for individuals or spiritual friends to reserve for a few hours or a full day. It is equipped with a propane stove, desk, chair, dry sink with drinks and snacks, a bed, and screened front porch. It does not have running water or electricity, so lighting is done the old fashioned way with lanterns and battery-powered lights.

Pathways offers space for individuals, groups and organizations to be attentive to the Holy.



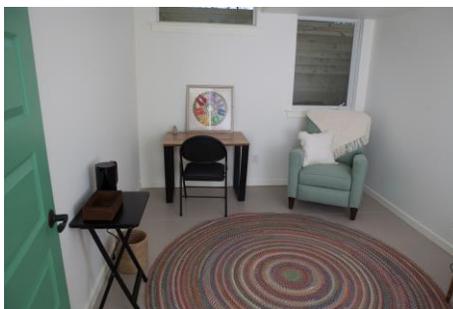
["Gratitude"](#) is the name of our sunlit main floor meeting room, which accommodates gatherings of up to 20 people. The kitchen is ready for hospitality, with a sink, dishwasher, conventional and microwave ovens, and refrigerator. Coffee, tea and filtered water are always available for guests, as well as trail mix. The gratitude room is also home to our piano for those who wish to incorporate music into their meetings or retreats.

## Mystic of the Month [Ruth Haley Barton](#)

A sought after teacher and spiritual director, Ruth Haley Barton is an inspiring presence in the field of spirituality and spiritual formation.

She is the author of numerous books, including *Pursuing God's Will Together* and *Strengthening the Soul of Your Leadership*. She is founder of the Transforming Center.

Ruth's work has been guided by her commitment to "examine the Scriptures to see if these things are so" (Acts 17.11).



The lower level of the Retreat House has restroom facilities and three rooms that may be reserved for individual retreats.

The names of the [retreat rooms](#) are borrowed from Reinhold Niebuhr's well-known Serenity Prayer:

God, grant me the *serenity* to accept the things I cannot change, *courage* to change the things I can, and *wisdom* to know the difference.



[Legacy House](#) refers to the existing Retreat House prior to the 2015 addition, and includes the welcome room, library, washroom, and upper prayer room. It provides hospitable meeting space for up to six people.

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

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