

Workshops in Spirituality

For June, 2015



A. On Saturday, June 6, from 1 to 3 pm I will lead a **Spiritual Discussion Group**. The members of the group suggest the topics of discussion. For example, “what difference does faith make in our daily lives?” or “how have special people influenced our spirituality”. The group then considers the matter from different points of view. If there’s a topic on spirituality in which you are interested, then this is the group for you.

B. On Saturday, June 20 from 10 am to 12:30 pm I will lead a **Spirituality Workshop** that will be similar in format to those we had last winter. The topic of the session is *Contemplation Using the Senses*. I’ll also introduce a type of prayer that will probably be new to most of you, namely, the *Daily Review* (also known as the Examen). In July and August, we’ll take a break from the workshops, and resume them in the fall with Topics such as *Spiritual Decision Making* and *Leaving a Spiritual Legacy*.

C. On Tuesday June 23rd from 6 to 8 pm, I will facilitate a **Spiritual Companions Group** (some may recall the example video I showed in one workshop). In this format, a member of the group brings in some issue of a spiritual interest to share with the group. Topics might include: “where was God when I needed God?” or “I’m finding it hard to pray—what can I do?” Then the members of the group help the presenter to attain insight and greater awareness of how God is with them with respect to the issue. They do this by offering questions or thoughts that help the presenter to explore the issue. Every member of the group finds that they benefit from the process. This is the program for those who want to go deeper into their spirituality.

The suggested donation for each event is \$15, but if that proves difficult, give whatever you can. For planning purposes, please let me know which of the above groups you would be interested in (you can choose all three). My email address is obbrockmeyer@snet.net

