

# Workshops in Spirituality

## 2015-2016



Rev Oscar Brockmeyer

Greetings Friends

Here's an update on coming groups and workshops at Christ Church, Pomfret.

### A. SPIRITUALITY WORKSHOPS

On the second Saturday of each month (except December), from 10 to 12:30, we will hold a series of workshops. Each will include a presentation by Rev Brockmeyer on a topic of spiritual interest. There will be time for silent reflection and for sharing in groups. Upcoming topics include Contemplative Prayer, Spiritual Decision Making and Leaving a Spiritual Legacy. The dates are 10/10, 11/14, 1/9, 2/13, 3/12, 4/9, and 5/14.

### B. SPIRITUALITY FOR THE SECOND HALF OF LIFE—A DISCUSSION GROUP

As the educator Andree Grafstein writes: The Spirituality of the First and Second Halves of life differ in focus, tasks and experience. The First Half of Life is a time to establish identity, learn the rules and establish a focus for family, friendships and work. The Second Half of Life is a time when mystery, wisdom and paradox bring us to a broad, inclusive and meaningful way of holding life. This discussion group will meet on third Thursdays (except in December) from 1-3 pm. the dates are 10/15, 11/19, 1/21, 2/18, 3/17, 4/21, 5/19. Richard Rohr's book, "Falling Upward: A Spirituality for the Two Halves of Life" will provide a framework for our explorations.

### C. SPIRITUAL COMPANIONS GROUP

In this type of group, participants take turns bringing in some issue of a spiritual interest to share with the others. Topics might include "Where was God when I needed God?" or "I'm finding it hard to pray—what can I do?" The other 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. The group will meet on first Tuesdays from 6:30 to 8:30 pm. The dates are 10/6, 11/3, 12/1, 1/5, 2/2, 3/1, 4/5, and 5/3.

The suggested donation for each series of meetings is \$75, but 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](mailto:obbrockmeyer@snet.net)