

Workshops in Spirituality

Spring-Summer 2015



Greetings Friends

I don't know about you, but I miss our times together so I am inviting you to continue our program on spirituality with new possibilities & options that could be very exciting:

- A. I will lead a monthly workshop that will be similar in format to those we've had previously (Spiritual Journeys, Images of God, Patterns of Life, and Group Spiritual Companionship.) The new topics will include Contemplation Using the Senses, Spiritual Decision Making, and Leaving a Spiritual Legacy. I'll also introduce some types of prayer, including the Daily Review (Examen), Praying with Scripture (Lectio Divina), and Centering Prayer. On request we can also return to earlier topics. ***These are scheduled for the third Saturday of each month from 10 am to 12:30 pm. (Starting May 16th)***

- B. I will facilitate a Spiritual Companions Group (some may recall the video in one workshop and the sample session wherein I presented a topic about prayer to a small group). In this format, different members of each group would take turns sharing something of spiritual interest at different meetings. We could consider more Groups as the need arises. ***Scheduled from 10 to noon on the first Saturday of the month. (Starting May 2nd in the chapel area downstairs)***

- C. A third option is that I might help lead a Reflection Group where the participants decide what spiritual topics or questions they wish to discuss. For example, "what difference does faith make in my daily life?" or "how special people have influenced my spirituality", or "where was God when I needed God?" ***This group could take place from 1 to 3 pm on the first Saturday of each month. (May 2nd)***

These programs will take place at Christ Church, Pomfret with the full support of the parish though the content and format is up to me and you! We are grateful for this opportunity for new connections and conversations. 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 more than one) or simply come by. My email address is obbrockmeyer@snet.net. Everyone in the wider community is welcome—bring a friend!