

Spirituality Network Newsletter

Winter
2005-06

The Spirituality Network, Inc., facilitates spiritual growth and development through education, formation, training, and spiritual direction for individuals and groups, both within and outside of organized religious institutions. The Spirituality Network is a 501(c)3 nonprofit ecumenical organization founded by Christians of the contemplative tradition.



Effortlessly, Love flows from God into humanity,
like a bird who rivers the air without moving her wings.
Thus we move in God's world,
one in body and soul, though outwardly separate in form.
As the source strikes the note, humanity sings—
the Holy Spirit is our harpist,
and all strings which are touched in Love
must sound.

~ Mechtild of Magdeburg, 13th Century Mystic*



As we celebrate the birth of God incarnate, Emmanuel, "God with us,"
we are reminded that love is freely, effortlessly, given to all humanity.

May we grow in our capacity to receive this Love as effortlessly as it is given.

Blessings of peace, hope, and love to you and to the world,
in this Holiday Season.

*Sr. Carol Ann
Amanda
Patricia*

*translated by Oliver Davies, from *Women in Praise of the Sacred*, edited by Jane Hirshfield, HarperCollins, 1994

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In the last issue of our newsletter I extended the invitation for everyone to participate, as they deemed appropriate, in the support of the mission of The Spirituality Network. The response to this invitation has been gratifying.

- The committees are active with new members joining and contributing enthusiastic ideas.
- Our donations have increased through the envelope insert in the newsletter.
- The 10th Anniversary Planning Committee for Wellstreams will be revealing their plans for a late spring event.
- The follow-up to the Sacred Feminine program had a good response and will have a special program in January at the Columbus Art Museum.
- Plans are underway to offer a program on male spirituality in early Spring.
- Inquiries for spiritual direction have increased over the past few months.
- Attendance at recent programs is up.

This is all very good news for The Spirituality Network. But there is much more work that needs to be done, and we hope that you will join us on the journey as we move forward.

Recently, you should have received a letter inviting you to become a Friend of the Network. We hope that you will respond to this opportunity and continue to support the important mission of The Spirituality Network. We realize that the thirst for spirituality exists among many, and that the numbers are growing. The Spirituality Network can meet that need but resources are necessary to do so. Become a Friend of the Network and join us in what looks to be an exciting 2006 for the organization.

Creating a More Compassionate World

The future is not a result of the choices among alternative paths offered by the present but a place created first in mind, next in will, then in activity. The future is not someplace we are going to, but a place we are creating. The paths are not to be found but made, and the activity of making them changes both the maker and the destination.

~ John Schaar, Author

In October 1994, a group of individuals met and formed an initiative in Franklin County called Together 2000. The purpose behind that initiative was to improve the community's ability to meet needs of its residents and to enhance how people live their lives.

Now, as a follow up to Together 2000, Compassionate Communication-Central Ohio (CC-CO) has formed to promote compassion in our community. Transformation can happen through the Nonviolent Communications process developed by Marshall Rosenberg, Ph.D. CC-CO is providing training, orientations, and study groups in this process, and most exciting, a chance to engage with Marshall Rosenberg at a conference in Columbus in March 2006.

The Spirituality Network is pleased to endorse this effort and we encourage our friends in the community to share the vision of creating a less violent world. For more information about Compassionate Communication-Central Ohio, please visit their website (www.nvcoho.org) or contact Toni Teague, administrator, 614/870-0040.

About Nonviolent Communicationsm: NVCsm is both a spiritual practice and a concrete set of language and communication skills. Together, they represent a powerful process that can help you to transform conflict, create peace and harmony, and build a world where everyone's needs are met. To learn more, visit www.cnvc.org



The Wellstreams Training Program is pleased to present:

The Four Scriptural Stages of Faith Development

Thursday, March 9, 2006, 7-9pm, Martin de Porres Center, St. Mary of the Springs. Free will donation gratefully accepted. All proceeds will go to the Wellstreams scholarship fund.

The Bible records the experiences of a variety of people in many different kinds of situations in which a great number of spiritual dynamics are at play. These four stages are tools that reflect universal dynamics in humanity's relationship with God. As with all things about our human nature, each state elicits strengths and weaknesses in our spiritual development and evidences aspects of light and shadow within us. It is important to acknowledge these as equally operative in the biblical tradition as they are operative in us. This will be an interactive workshop conducted by Rev. James DiLuzio, C.S.P. As a priest and actor, he developed this evening to exemplify how we may more fully personalize and celebrate scripture in our lives. Father James earned a Master of Divinity degree at Catholic University, Washington, DC, and a Master of Drama degree at the University of Southern California.

This workshop is presented in partnership with the Martin de Porres Center.

Exploring the Enneagram

Saturday, April 1, 2006, 9:30am-3:30pm (registration 9am), Martin de Porres Center, St. Mary of the Springs. Workshop Fee: \$50 (optional lunch available for \$5 if reserved by March 17, 2006).

This workshop will explore the ways the Enneagram can help us in our journey of self-discovery. The Enneagram is much broader and deeper than other personality theories and is of greater value to those seeking to know their real inner selves, their motivations, and ways to become a more whole individual. This workshop is a basic introduction, not only to types, but also to the centers, which help us to grasp the deeper levels of this complex system. The presenter for this workshop will be Carol Ann Spencer, OP, a spiritual director, retreat leader, and Director of Wellstreams, a training program in spiritual formation and development. She earned an M.P.S. in Pastoral Studies from Loyola University in Chicago, where she also received a Certificate for Enneagram Workshops.

This workshop is presented in partnership with the Martin de Porres Center. It is open to anyone who is in a helping profession and/or who is desirous of inner growth. This day will include input, group discussion, and practice.

For more information or to register for these workshops, please contact the Wellstreams office at 614/228-8867.

Other Wellstreams News:

The application process for the next class that begins in August 2006 is now open. For further information and/or application materials, please contact the Wellstreams Office at 614/228-8867 or e-mail Carol Ann Spencer, O.P. (carol.spencer1@juno.com).

Spirituality Network Board of Directors

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Jeanne Marlowe
Recording Secretary

Loretta Farmer
Spiritual Director to the Board

Spirituality Network Events



ARTI GRAS! A Celebration of Art and Spirit

Theme: Creativity and Healing: For Our Bodies and Our World

Saturday, February 18, 2006, 9am-3:30pm

First Community Church, 1320 Cambridge Blvd., Columbus.

Admission is FREE. Lunch provided. Donations gratefully accepted.

The Spirituality Network is pleased to present the sixth annual ARTI GRAS celebration day. This free event will offer a wide range of possibilities for exploring the creative elements of the spiritual journey. Explore this year's theme through a variety of mini workshops, which in the past have included such media as watercolors, fabric art, clay, dance/movement, writing/poetry, and music to name a few.

New this year will be a silent auction of original creative works by spiritual directors and spiritual seekers, featuring works by several professional local artists. The proceeds from this auction will help support the ministry of the Spirituality Network. And because of this event's connection to Mardi Gras and New Orleans, we will be donating 10% of all the free-will donations to hurricane relief efforts in the Gulf Coast area.

This start to the Lenten season is in keeping with the tradition of heartfelt celebration of the richness of life as we approach the desert time of Lent. Come and let the Spirit create in and through you!

Please **preregister** to help us in planning. Call the Spirituality Network for more details: 614/228-8867.

Gratitude

John Monk: for computer equipment and consulting

Jeanne Price and First Community Church: for computer equipment and consulting

Carol Jones: for donation of coffee for hospitality

Pamela Townsend: for donations of paper for our copier

Preregistration is strongly encouraged.

Please preregister for these Spirituality Network programs by calling 614/228-8867 or e-mailing spiritnetwk@hotmail.com

CURRENTS Continuing Education and Professional Enrichment Series presents:

Discerning the Religious Meaning of Dreams

January 28, 2006, 9am-noon

First Congregational Church, 444 E. Broad St., Columbus.

Registration Fee: \$35 if paid before January 23; \$50 after January 23.

This workshop is ideal for spiritual directors, clergy, Stephen Ministers, hospice volunteers and caregivers, and anyone in a helping profession.

Dreams can bring to consciousness precisely what we need to know to live more holistic and holy lives. They are a very helpful way to assess how God's Spirit is at work in our lives.

This workshop will:

- Provide an overview of dream work and the psychology of dreaming
- Introduce the ways in which dreams can be addressed in the context of spiritual companionship
- Explore the significance of dreams in discerning spiritual growth and contemporary methods of discerning the religious meaning of dreams

Presenter: Janice Bachman, O.P., a spiritual director, retreat director, and a Jungian Analyst Trainee. A graduate of Creighton University's (Omaha) Christian Spirituality Program, Janice is on the summer faculty at Creighton's Master's Program in Christian Spirituality as well as the faculty for the Wellstreams Ecumenical Spiritual Direction Training Program (Columbus).

Network Events

MORE DETAILS TO COME:

A Tea in Honor of the Sacred Feminine

Friday, January 13, 2006, 2:30–5pm, Columbus Museum of Art

Join us in our exploration of the Sacred Feminine as we enjoy tea together and reflect on images of the Feminine in Art at the Columbus Art Museum.

Plus: Further Exploration of the Sacred Feminine Group will meet on the second Tuesday of each month, beginning February 13, 2006, from 2-4pm at the Spirituality Network. Free will donations gratefully accepted. All are welcome.

Each month we will look at a different topic as we continue our exploration of the Feminine Aspects of God. Please call the Spirituality Network for more information or to register.

Dates: February 13; March 13; April 10; and May 8

See the bibliography below.

Lenten Journal 2006 Available in January

Our annual ecumenical journal for the Lenten journey features daily readings for Lent with reflections and space to write your own journal response. The book is spiral bound to lay flat and foster the journaling practice.

Daily reflections written by Central Ohio parishioners, pastors, spiritual directors, and religious and lay leaders representing many denominations.

Ideal for the entire congregation, Lenten study groups, women's circles, support groups, prayer partners, and individual reflection.

\$4 per single copy; three copies for \$10; or \$2.50 each for quantities of 25 or more

Journals may be picked up at the Network office, or mailed. If mailed, we will add a postage and handling charge. PRE-ORDER NOW. QUANTITIES ARE LIMITED.

Call or e-mail the Spirituality Network to order: 614/228-8867; spiritnetwk@hotmail.com. We will include an invoice with your order.

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Room in My Heart

Judy A. Johnson

When I was an adolescent, the chorus of one of my favorite Christmas hymns repeated these words:



*O come to my heart, Lord Jesus,
There is room in my heart for thee.*

The verses of the song lamented that in Bethlehem there was “found no room” for Mary and the child she carried. The inhospitable nature of this town contrasted with the invitation to enter my heart, where there was room for Jesus.

To tell you the truth, my heart is pretty crowded these days. Scrunched and jostling in there are grief over missing friends who moved to other states this summer, as well as concern for friends who’ve dealt with a sister’s surgery or a father’s death. There’s also preparing to teach the week’s Sunday School lesson, a joyful but time-consuming task. Oh, and have I mentioned tight deadlines at work? How do I make room for Jesus in the midst of all this, to say nothing of the pressure to buy, buy, buy, eat, eat, eat, and run, run, run from social event to social event?

I’ve just looked at the prayers for Advent, my favorite season of the Church year. I think of Advent as a cherished quilt I can wrap around me while the world goes mad over things at the booby-trapped malls. Each of the four prayers for Advent contains a plea for God’s grace and help, a reminder that we can’t advance in our Christian life alone any more than we can begin it alone: the whole thing is grace.

The prayers use plural pronouns: give us grace, with great might come among us, purify our conscience. I was raised in a denomination that focused on my need for a personal relationship with Jesus. Although that’s true, it isn’t the only truth. I am also part of a local congregation and a global tradition. I have responsibilities to the whole body of Christ.

The prayers for Advent state firmly that I make room in my heart or life only by the grace of God. In the final prayer of the season, we ask that “Jesus Christ, at his coming, may find in us a mansion prepared for himself.” It’s more than cleaning out a spare room when company comes; it’s getting an entire mansion ready. That’s an impossible task; yet the prayer begins, “Purify our conscience, almighty God, by your daily visitation.” God is the owner-builder who comes by daily to check on the progress of the work. Preparing the heart for Jesus is a joint effort. May he truly find our hearts prepared when he comes this Christmas.

Judy A. Johnson is a freelance writer and author of the soon-to-be-published A Week to Pray About.

You Can Be a Man

Jason Purnell

In one of the early scenes of the film classic *The Godfather*, a Frank Sinatra-esque character named Johnny Fontaine comes asking for help breaking into the movie business. A movie producer about whom he complains to Marlon Brando's Don Corleone is thwarting him in this goal. It seems to be an almost avuncular encounter between an older man with influence and a younger man attempting to further his career. At the end of his heartfelt outpouring Johnny dejectedly groans, "What am I going to do?" At which point Don Corleone jumps out of his chair, grabs Johnny by the shoulders, shakes him forcefully, and slaps him across the face, saying, "You can be a man, that's what!"

We men get that message very early on in a million ways—usually more subtle but often just as clear and jarring. Be a man. The answer that Don Corleone gives as a solution to life's problems includes a healthy dose of intimidation, violence, and cunning. It suggests that the only way to deal with difficulties is to strike out against the world before it can break you. This scene is in fact the first time we hear of making someone "an offer he can't refuse," that line so resplendent with ritualized threat and just-beneath-the-surface danger. In order to "be a man," one must eschew any weakness, no matter how heartfelt or how real, and project this swaggering self-assuredness, this supposed power to persuade, to make others any number of offers they cannot refuse. It is the ultimate kind of agency in our sometimes-jaundiced view of the world.

What most men will not say, except in their safest and most private utterances, is how utterly frightening it is to have to play that role. To be the ever-confident, nearly prescient protector of one's family, the unfailing team player at work, and the tough, unyielding force to be reckoned with in a thousand little encounters

with the world is a burden that takes its toll. It is a burden very often shouldered in silence. As one of the popular books that purports to explain us to women says, "We'd rather not talk about it." But we feel our weakness nonetheless.

Contrary to Don Corleone, the spiritual life teaches us that that is precisely what we are supposed to do; feel our weakness. In every spiritual tradition

I have encountered, one of the central principles—and one of the most challenging paradoxes—is that ultimate strength comes in surrender. Men need that lesson driven home for us again and again because it runs so counter to what we are told from the time we are "too big" to cry as boys. My spiritual director gently reminds me every time I want to be self-sufficient and powerful and proactive, every time I want things to be perfectly aligned in my relationships and my career, "If you could be and have all of that, Jason, then you wouldn't need God." And she is right. It turns out, to be most fully who we are, the worldly calculus of Don Corleone

must be subsumed by the transcendent equation St. Francis so beautifully alluded to when he asked God to make him a channel of his peace. It is when we claim the vast and vital power of the entire universe for ourselves by simply resting in the everlasting arms that we have true agency. Courage looks much less like empty swagger and anxious projection of masculinity and more like a fearlessness girded by faith.

We've all felt like Johnny Fontaine: lost, confused, frustrated, impeded, unsure of our next steps. Luckily, the "God Father" we can go to does not deal in shakes or slaps of derision. He does call on us to be men, but in a very different way. We find that we are given strength when we rely most wholly upon that connection to the divine. And once we have known the peace it brings, it is an offer we cannot refuse.



Jason Purnell is a Spirituality Network Board member and a doctoral candidate in psychology at the Ohio State University.

“Spiritual Direction is a safe place to pray the private pain, there it does not require I keep it hidden, only that I place it upon the palette of God and let it be transformed into Grace and Hope. In God I place my trust. God is the artist of us all, so I place all the colors of my life upon God’s palette that they might be useful to the Creator, as he dreams new portraits of Grace in the world.

May I always offer a safe place for others to pray, without fear, their deepest despair and disappointment. Here, the prayers we dare not speak elsewhere can be heard and we know that God hears us. In God I place that trust.”

A prayer...

*O Artist God, who has placed me upon the palette of the earth,
blend in me the pigment of Grace and the color of Hope,
prepare me that I might paint the world with Love.
Amen*

~ David Boling, Spiritual Director

Spiritual direction is a prayerful, reflective experience in which you come to recognize the presence and movement of God’s spirit in all aspects of your life. At the heart of spiritual direction is the understanding that God longs to be in relationship with you as much as you long for God. In the midst of our busy lives, we long for a felt sense of God’s love; and because of the busy-ness we struggle to find it. The process of spiritual direction invites you to greater awareness of the infinite ways that God is inviting you into a deeper, more meaningful relationship. You will discover God’s grace in both blessing and brokenness.

There are many reasons for seeking spiritual direction. Some enter direction in order to discern a difficult choice, others seek a deepened prayer life, and still others look for avenues to more self-understanding or better health in personal relationships. Spiritual growth moves us to greater love that is reflected in our relationship with God, self, others and all creation. This growth enriches our worship experiences, supports our faith, and adds meaning to ordinary moments.

If you would like to explore the possibility of beginning spiritual direction, please contact The Spirituality Network to schedule an intake interview (we will gratefully accept a small donation for this service). The intake process will cover the basic understanding of the direction process and help you to discern if direction is indeed what you are looking for. You will be given two or three possible matches for you to contact. It is important that you are comfortable and feel safe with your spiritual director so it is wise to contact the referred directors before deciding.

We would love to have the opportunity to come to your church or organization to make a presentation on the ministry of spiritual direction. If you would like to learn more, please call The Spirituality Network, 614/228-8867 or visit our website: www.spiritualitynetwork.org.

“For 23 years I have been blessed by the presence of a Spiritual Director in my life. The questions of faith and prayer; balance in family and service; and personal issues related to listening to God’s voice speaking to my life, have always been given a clear and unconditionally loving care under the watchful, abiding, and prayerful presence of a spiritual director in my adult life. Like walking the labyrinth, my spiritual life is filled with movement toward God and away from God. Yet it is also defined by movement closer to the center of Light and Ultimate Being I know as God in my life. I pray that other pastors, other men and women of faith will find solace and guidance in spiritual direction.”

~ Rev. Tim Ahrens, Senior Pastor First Congregational Church

Spiritual Direction

Discovering God’s Presence





Community Events

Martin de Porres Center

2330 Airport Drive, Columbus;
614/416-1910; martindeporres@
columbusdominicans.org; www.
columbusdominicans.org/whatwedo/
outreach/deporres.htm

Turning Leaves and Tea Leaves

This book club meets the second Wednesday of every month, 2-3:15pm, and is facilitated by Marialein Anzenberger, OP, and Colleen Gallagher, OP. Books to be considered are selected by the group.

Advent: A Time of Hope, Saturday, December 3, 10am-3pm. Facilitator: Mary Reichley. Suggested donation \$10, includes a light lunch.

Take time in the hectic holiday season to consider Hope. This day of prayer will include input, video, and time for personal and communal prayer. Mary Reichley has done retreat work, spiritual direction, and pastoral ministry for over 25 years.

Visions & Vibrations: The Power of Music and the Word. Saturday, March 11, 10am-4pm. Presenters: Michael Burke, OP, and Elizabeth Michael Boyle, OP. Suggested donation \$15, includes lunch and snacks.

Take time this Lenten season to refresh your spirit by experiencing the healing power of music and poetry. Presenters are two Dominican artists. Sr. Elizabeth Michael is adjunct professor of English and interdisciplinary studies at Caldwell College and author of *Preaching the Poetry of the Gospels*. She has a special interest in the psychological dimensions of creativity. Fr. Burke is an accomplished musician and integrates his musical talent in his preaching. He hosts a weekly TV program broadcast in Raleigh, NC, and Brooklyn, NY, which combines Catholic religion and spirituality with meditation music.

Tuesday Evenings at the Justice Movies. A continuation of our "Sunday Afternoons at the Justice Movies" from last year. Each of these thought-provoking videos will provide information and a starting point for discussion on issues of concern to all of us. Free, offered in partnership with the office of Preaching, Justice, and Care of Creation of the Dominican Sisters, St. Mary of the Springs.

"Life Running out of Control." Tuesday, January 17, 7-9pm. In the mid-1980s, scientists, with the help of biotechnology, thought they had found the key to mastering the planet. This film looks at the effects of ongoing experimentation in the genetic manipulation of plants and animals.

"Their Brothers' Keepers." Tuesday, February 14, 7-9pm. This film follows the day-to-day struggles of two families headed by children in Chazanga Compound in Lusaka, Zambia. We see how Benny, Dorris, and Paul—children themselves—cope with the lack of food, water, health care, and schooling, while trying to care for their younger siblings.

"Affluenza." Tuesday, March 7, 7-9pm. This ground-breaking film looks at how the social disease of consumerism/commercialism/materialism is having a devastating impact on our families, communities, and environment.

Celtic Spirituality. Friday, March 3, 7-8:30pm and Saturday, March 4, 10am-4pm. Presenter: Stephen Fitzhenry, OP. Suggested donation \$10, includes lunch and snacks.

The "Heartbeat of God" in all of creation is the theme of this program, which will draw on the richness of Celtic history, philosophy and spirituality. Presentations will include stories and song, and there will be time for prayer and quiet. Fr. Fitzhenry is chaplain at St. Mary of the Springs.

I Have Survived the Winter: Moving through Grief. Saturday, March 18, 10am-3pm. Facilitator: Mauryeen O'Brien, OP. Suggested donation \$5, includes a light lunch.

In this workshop, we will explore the process we go through when grieving the death of a loved one—moving through the Winter of our grief into the brightness and healing that Spring and Summer can bring. The day will include time for reflection and sharing, concluding with a memorial prayer service honoring those who have died and who have special meaning in our lives. This workshop will be particularly helpful to those who are grieving a death and those who minister to the bereaved.

The Spiritual Center of Maria Stein

2365 St. Johns Rd., Maria Stein, Ohio. Larry Reichley, Program Coordinator. For further information on these and other retreats at Maria Stein, and for costs, please contact the Retreat House: toll free 877/925-7625.

Passion for Life Workshop led by Adele Sheffieck. January 20-22, 2006. For those 40 to 85+. \$155.

God's Creation and Woman's Creativity led by Sr. Mary Ellen Andrisin, C.P.P.S. January 23, 2006, 10am-3pm. \$15.

Walking with Jesus led by Sr. Madonna Hoying, SFP. April 1, 2006, 10am-3pm \$20.

Charismatic Retreat led by Sr. Nancy Kellar, SC. April 7-9, 2006. \$145.

Holy Week Retreat by Fr. Martin Lott, OP. April 10-16, 2006. \$360 for week, or call for per diem.

Centering Prayer Weekend by Anita Donnan. May 12-14, 2006. \$130.

St. Francis Spirituality Center

200 St. Francis Ave., Tiffin; 419/443-1485;
retreats@stfrancisspiritualitycenter.org;
www.stfrancisspiritualitycenter.org

Chasing away the February Blues.

Facilitator: Sr. Barbara Kukla. February 25, 2006, 9am-3pm. \$30, includes lunch and materials.

Art is another way God speaks to us. It helps us hear and see what our inner truth is telling us. Art is source of spiritual, mental, and physical growth. Sr. Barbara has a Master's degree in art therapy from Ursuline College and a BFA in Painting from Ohio University. Since 1991 she has conducted art therapy sessions in such settings as hospitals and health care organizations.

Woman Un-bent: Jesus and the Women of the Gospels. Presenter: Sharry Hoch. April 21, 7pm through April 22, 3pm. \$60/person overnight, \$45/person commuter

The women of the gospels have much to teach us as women in today's world. Join us as we encounter Jesus through the un-bent woman, the Samaritan woman at the well, and others whose lives were transformed by meeting the Savior. Experience the touch of the one who is the same yesterday, today, and forever.

Jung Haus

59 W. Third Ave., Columbus; 614/291-8050; e-mail: JungACO@core.com

Ken Wilber: Who Is He and What Does He Have to Tell Us? Second Saturday Series, December 10, 2005, 10am-12pm. Facilitated by Rich Bates, JACO Member.

Philosopher Ken Wilber is considered by some a genius, by others, too far out to be considered seriously. Deepak Chopra calls Wilber "one of the most important pioneers in the field of consciousness"; Michael Murphy says nobody "is integrating the sciences and spiritual knowledge with Wilber's scope and integrative power." Join in a lively discussion of Wilber's controversial life and work, and find out why it could change your life!

Community Events



Our Lady of the Pines Retreat Center

1250 Tiffin St., Fremont; 419/332-6522;
e-mail: olprc@ezworks.net; www.pinesretreat.org

Healing of the Inner Child, December 2-4. \$110. Anne Verhesen helps discover within each person the child we once were. Find your inner child and discover keys to present happiness and success. Arrive after supper on Friday with opening session that evening. Depart after liturgy Sunday morning.

Retreat to the Music. December 9-11. \$175. National Board-Certified Music Therapist Hope Brewer offers a weekend for caregivers, parents, teachers, and others who work with and care for children and adults with special needs. Music soothes the soul of caregivers and helps in the learning process for persons with autism, mental or physical handicaps, aging, end-of-life and emotional concerns. Learn how to incorporate music into the lifefabric of special people. Make an instrument and join in music of the Sunday morning service. Arrive after supper Friday and leave before lunch Sunday.

First Community Church

North Campus, 3777 Dublin Rd.,
614/488-0681, ext. 226

Spring 2006 Spiritual Searcher: Callings: In Search of an Authentic Life
Presenter: Gregg Levoy. March 10, 2006: Evening Keynote Lecture; March 11, 2006: Daylong Workshop. Times and fees to be determined.

In this lecture and hands-on workshop, we'll explore the psychological, spiritual, and practical processes we typically encounter in listening and responding to our callings. Gregg Levoy is the author of *Callings: Finding and Following an Authentic Life*. Gregg is a full-time lecturer and seminar-leader in the business, educational, and human-potential arenas. www.gregglevoy.com

Spiritual Sharing Group

The Interfaith Association of Central Ohio (IACO) invites you to share concerns, exchange views, and build relationships on the first Wednesday of each month from noon-1pm, at the Columbus Metropolitan Library, 96 S. Grant Ave., in the first floor conference room. For information contact Jeanne Marlowe, 476-8802; JAMarlowe@juno.com.

IACO, an organization representing eight faith groups (Baha'i, Buddhist, Christian, Hindu, Islam, Jain, Jewish, and Sikh), offers a variety of meetings in other locations. To receive e-mail updates, contact IACO@iaco.org.

International Women's Writing Guild

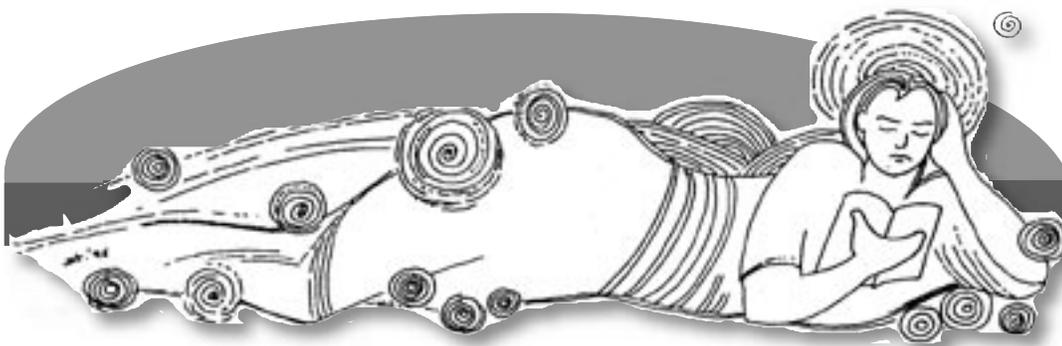
The Central Ohio Region welcomes all to its free monthly gatherings. Practice writing, critiquing, and public reading in a supportive, multicultural dialogue circle.

December 10, 10am-noon; January 21, 10am-3pm; Regional Meeting, February 18, 10am-noon. Location: Columbus Metropolitan Library, conference room 1, 96 S. Grant Ave.

To receive e-mail updates, contact JAMarlowe@juno.com; for information, see www.IWWG.org or call Jeannetta Holliman, 258-7086.

Centering Prayer Groups

Led by Fr. Vinny McKiernan, CSP, at the Newman Center, 64 W. Lane Avenue, Columbus, every Monday 7-7:45pm and every Tuesday 12:15-1pm. 614/291-4674; e-mail: vinnycsp@yahoo.com



Books (and music) for your spiritual life

Becoming Fully Human: The Greatest Glory of God by Joan Chittister. Sheed & Ward, 2004.

Drawing from the folklore and scripture of other cultures, as well as her own Monastic tradition, Sister Joan develops a spirituality that understands both what it means to be human and the importance of seeing others for what they truly are—sacred.

The book is centered around 12 questions including “What does it mean to be enlightened?” “How does one balance patient waiting and action on behalf of justice?” “How is caring for the earth spiritual?” “What are the blessings of diminishment?” and “What is a simple life?”

Becoming Fully Human reveals that no matter our color, economic or social status, or religion, we are all dealing with the same human desires, fears, needs, feelings, and hopes. Coming to see the heart of the other allows us to see our own, which in turn leads us to lives dedicated to respect, holiness, balance, and peace.

This book is great for personal discernment and/or book discussion groups.

Recommended by Carol Ann Spencer, O.P., Wellstreams Director, The Spirituality Network

Help the Network When You Buy

For the purchase of any books, music, or gifts, visit our website, www.spiritualitynetwork.org and use our link to Amazon.com. The Spirituality Network will receive a donation of a portion of your purchase price. Visit today!

Music Recommendations

I am often asked where I find the music that I use in prayer gatherings, retreats, and in my office. Here are my two most recent (and current favorite) selections:

Libera: Free. EMI Classics Label, 2004. Conducted by Robert Prizeman, featuring composers Holst, Sibelius, Prizeman, and Tilley.

Libera is an English boy's choir with an angelic sound. Conductor and composer Robert Prizeman leads them through a selection of serene pieces. Although there are adaptations of Gregorian chants and Sibelius hymns, most of the songs are Prizeman originals based on those styles, with texts often drawn from Latin Liturgy. The only complaint I have is that several of the tracks are synthesized with electronic layers that detract from the beauty of the voices. Available through Amazon.com Music division.

Small Sky: Breath Music. Serenity Music Label, 1999. Composer: Pat Clemence.

This hour-long compact disc is one of the most restful, meditative pieces I have ever encountered. The music is specifically created to enhance the natural breathing process. I was told that a number of patients in chemotherapy have used this CD to foster relaxation during their treatments. This is a perfect piece to use for meditation, massage, yoga, or tai chi. I found it at the gift shop at the Spiritual Center at Maria Stein. To find where to purchase this CD, contact Serenity Music, 800/869-1684 or www.serenitymusic.com.

Recommended by Amanda Stone Cushing, Program Coordinator, The Spirituality Network

Artwork:

pp. 6, 11 Sandra Torrijos/Isis International-Manila

p. 7 Jean McAllister/Image Club

p. 8 Melvi Gelacio/Isis International-Manila

To receive updates on Network and Community events via e-mail, write to us at spiritnetwk@hotmail.com (subject line: "updates list").

The Spirituality Network
444 E Broad St
Columbus OH 43215

The Spirituality Network, Inc., facilitates spiritual growth and development through education, formation, training, and spiritual direction for individuals and groups, both within and outside of organized religious institutions. The Spirituality Network is a 501(c)3 nonprofit ecumenical organization founded by Christians of the contemplative tradition.

Beginning in 1986, the Spirituality Network was envisioned as an interfaith outreach to address the "thirst for the God of Life." Though the Network was founded and has been sustained primarily by individuals from the wide spectrum of Christian faith, our aspiration is to be a community of acceptance and inclusion.

It is therefore, our vision that:

The Spirituality Network will be an inclusive resource for individuals and groups in Central Ohio who share a desire for spiritual growth and for helping others on their spiritual paths. Through a rich and diverse network of resources, we seek to provide a lasting sense of hope, peace, and purpose for our community.

Our programs include:

- Wellstreams Ecumenical Program of Spiritual Formation and Training
- Spiritual Direction Referrals
- Retreat Planning and Facilitation
- Continuing Education for Spiritual Directors and those in companioning ministry
- Women to Women Listening Ministry

Volunteers

Needed

Bethlehem on Broad Street continues its longstanding tradition of providing respite for the needy on Christmas Day at First Congregational Church. This event includes a clothing give-away, Christmas dinner with entertainment, gifts, and free telephone calls for those who are in need, and compassionate listeners. To effectively staff such an enterprise requires a lot of volunteers. This is a great opportunity to both give and receive. If this is something you might enjoy, contact Arlene Reynolds at arlenerey@aol.com.