

Spirituality Network Newsletter

Fall
2005

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.

A message from the Executive Director

Patricia J. Gibboney, CFRE

I am both honored and humbled to be invited to serve in this leadership role on behalf of The Spirituality Network. It provides me the opportunity to work side by side with a dedicated Board of Trustees and staff.

This is a very exciting time for us as we anticipate the celebration of the 20th anniversary of the Network and the 10th anniversary of Wellstreams. It is also a time of challenges as well as opportunities, as we continue with our mission as the resource for individuals and groups desiring spiritual growth.

Please join me on this journey. We need your support and participation. Prayerfully consider the following:



- Become a member of one of our committees
- Attend a program/event and bring a friend
- Link us to individuals, organizations, and congregations who could use our resources
- Grant a wish from our Wish List (see p. 2)
- Provide financial support as you are able

Feel free to contact me at any time with your comments and ideas regarding The Spirituality Network. I can be reached at 614/228-8867 or pjgibbo@aol.com. I look forward to hearing from you. Together we can accomplish the mission of The Spirituality Network.

Committees of the Spirituality Network

Marketing Committee

Goal: Promote the mission and programs of The Spirituality Network

- Promotional materials
- Website
- Media relations
- Newsletter

Development Committee

Goal: Ensure financial stability of The Spirituality Network through fundraising efforts

- Identify financial resources
- Special events
- Direct mail/annual appeal

continued on p. 2

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New Season, New Beginning

Autumn always brings memories of the first day of school and the promise and potential that the first day held for the whole new school year. The Board of the Spirituality Network is happy to report that we, too, are eagerly anticipating new programs, new connections, and celebration as we launch our Fall 2005 Newsletter.

Barbara Davis, Chair, Spirituality Network Board

There is an air of hopefulness and gratitude as we welcome our new Executive Director, Pat Gibboney, to our team. Pat brings a wealth of creative ideas and extensive experience in development and not-for-profit organizations. She adds great energy to our staff. Amanda Stone Cushing, our Program Coordinator, and Carol Ann Spencer, Director of the Wellstreams Program, will be working closely with Pat to increase excitement about the Network's presence and mission in the community.

- We will be celebrating the 20th year of the Network's existence in Columbus in 2006.
- Wellstreams, about to celebrate its 10th anniversary, continues to grow and expand in its scope for spiritual formation and training of spiritual directors.
- Special programs around masculine and feminine spirituality are being designed.

We encourage you to watch your mailbox for more details on all of these programs and more over the next several months.

Once again, we thank all of our loyal supporters for their constancy, just as we thank the Holy One for guiding us to this bend in the road. We trust that this new fall beginning will also be a time of growth and great connections in our region for those seeking a safe place to explore their sacred journey.

Spirituality Network Board of Directors

Barbara Davis, Chairperson
Spiritual Director

Dr. Brad Binau
Trinity Lutheran Seminary

Tom Carlisi
Winners League Foundation

Donita Harris
Spiritual Director, Circle of Hope

Kathleen Hooper
Therapist in Private Practice

Jason Purnell
OSU Doctoral Candidate in Psychology

Dan Schleppi
Spiritual Director

Cheryl Lynch Simpson
Spiritual Director, Career Counselor
and Life Coach

Rick Studer
Griffin Communications

Ex-officio:
Jeanne Marlowe
Recording Secretary

Loretta Farmer
Spiritual Director to the Board

Network Office Wish List

Coffee (regular and/or decaf)
Lexmark 70 black Inkjet
Cartridge (for a Compaq IJ300
printer)
Lexmark 50 black Inkjet
Cartridge (for a Compaq IJ600
printer)
37¢ first-class stamps
23¢ postcard stamps

Message—continued from p. 1

Finance Committee

Goal: Provide oversight and guidance regarding fiscal management

- Budget preparation
- Financial expertise

Program Committee

Goal: Identify and evaluate opportunities for program collaboration

- Seek partners and endorsers
- Develop programs that support the mission of the Network

Ad Hoc Committees

- Nominating
- By-Law Review
- 20th Anniversary
- Others as needed

A new Wellstreams class begins in August 2006. At the end of September 2005, applications will be mailed to all who have expressed an interest in the training and formation program and have returned the cards that were in the information packet.

If you are interested in applying and have not returned a card, request an application packet by calling the Network office at 614/228-8867 or sending an e-mail to carol.spencer1@juno.com.

The current Wellstreams group is in its third semester, the practicum phase of the program. They will begin to work with outside directees in January 2006. A pool of directees for this internship is now being formed. If you have never been in spiritual direction and would like to experience an introduction to it, consider joining the pool. You would meet with an intern director about once a month for a year. There would be no stipend. Please call 228-8867 or send an e-mail to the above address. We will hold an information meeting to help you decide before you commit.

Carol Ann Spencer, O.P.
Coordinator of Wellstreams Formation Program



Community Events

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.

Gospel Women: Models of Self, Relationship, and Church by Fr. Greg Comella, C.P.P.S, September 23-25. A contemplative weekend retreat listening to and watching the women of the Gospels to see and hear hope and encouragement in difficult, scary times. Fr. Comella is an internationally known figure, chairman of the East/West Psychology and Spirituality department at Berkeley University in Berkeley, CA.

Faith in the Workplace: A Seven Habits Seminar, September 26-28. A powerful seminar for anyone who wants to increase their satisfaction and joy in the workplace by being able to bring their deepest values to the people and place of their employment. Based on the *Seven Habits of Highly Effective People* by Stephen Covey, this workshop has

helped thousands to find that their work can take on a whole new purpose.

The Spirituality of St. Therese of Lisieux by Larry Reichley, October 1. St. Therese's spirituality has transformed the Church's understanding of holiness. She has helped countless numbers of people lift burdens of guilt, fear, and anxiety by her trust in God. Larry has been doing counseling, spiritual direction and retreat work for over 25 years and is presently Program Coordinator of The Spiritual Center of Maria Stein.

Quiet Days of Reflection, October 3-7. Days in the beautiful fall just to come and be, with your God, your self, and nature. Spiritual direction will be available for an extra \$25 for any who desire. Come for 1, 2, 3, or more days.

Day with Julian by Rev. Vernagaye Sullivan, November 12. A time to become acquainted with the life and writings of Julian of Norwich and to reflect on her relevance to our own spirituality. Central to the day's experience will be the presentation of a dramatic monologue based on her writings. Rev. Sullivan is a United Methodist pastor from Waverly, Ohio.

Comforted by the Shepherd: Women's Retreat, November 18-20. Led by Sr. Noreen Malone, O.P., spiritual director and retreat leader, and Sharry Hoch, a married mother of three and spiritual director who has been active in Women's Ministries. The retreat will help one experience God's great compassion as various spiritual images of God are explored

The Peace and Justice Action Committee of First Community Church presents: *Bringing Human Rights Home*, Friday, September 9, 7:30pm, First Community Church, North Campus, 3777 Dublin Rd., Columbus; 614/488-0681. Facilitator, Larry Cox, Senior Program Officer, Ford Foundation's Human Rights Unit

The Universal Declaration of Human Rights—1948: Is it applicable in our country, or only to other countries outside of the United States? Mr. Cox will discuss how the fight for justice and freedom here can be waged through the same international ethical and legal standards that the United States helped to create more than 55 years ago. Larry will talk to us about the developing momentum around the country to bring human rights home and will review some of the progress to date.

Spirituality Network Events



Currents Continuing Education and Professional Enrichment Program presents:

Waiting in Darkness: Companions for the Dark Night

Saturday, October 8, 2005, 9am-12pm (registration 8:30am), at the First Congregational Church, 444 East Broad Street, Columbus

Registration Fee: \$35 if paid in advance by September 30; \$50 after that date.

At one time or another, each of us will experience a "Dark Night": a time of dryness in prayer and the seeming absence of God when nothing seems familiar in the spiritual life. These experiences can be deeply meaningful when viewed as times of transition.

This workshop will be an exploration of the spiritual journey through periods of darkness, when God seems nowhere to be found. How do we understand this "Dark Night of the Soul"? How do individuals and their faith survive it and what is the process of resurrection? How can those walking with individuals support them in the midst of darkness? These are the questions that will guide us in this workshop.

This workshop is open to anyone who wishes to explore and better understand the "Dark Night" experience. It is ideal for spiritual directors, clergy, Stephen Ministers, hospice volunteers and caregivers, and anyone in a helping profession.

Linda G. Schoen is a graduate of the Spiritual Guidance Program offered by the Shalem Institute of Spiritual Formation. She brings over 25 years experience of walking with individuals as a Psychologist to her desire to companion others in their spiritual deepening. She serves on the advisory board of the Wellstreams program of the Spirituality Network.

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

Taste and See...

...what the Spirituality Network has to offer!

Join us for an evening of refreshment for your body as well as your soul.

Thursday, September 29, 2005, 6:30-8:30pm, First Congregational Church, 444 E. Broad St., Columbus. Refreshments available throughout the evening.

To help us plan accordingly, PLEASE RSVP to the Spirituality Network, 614/228-8867 or via e-mail: spiritnetwk@hotmail.com.

So many people today express a longing for more depth in their spiritual lives, yet do not know what is available to meet that longing. Come and learn what resources are available to help you explore your spirituality. Some of the topics to be covered:

- What spiritual direction is and how to find a director
- Our excellent resources for retreat planning and leadership
- Resources for small group and workshop facilitation
- Speakers for your group, congregation, or organization
- The Wellstreams Ecumenical Training Program in Spiritual Formation and Development

Who might benefit from this evening:

- Anyone seeking a spiritual director
- Congregational Board Members and event planners
- Religious education directors
- Lay ministers and Clergy
- Hospice and Hospital Chaplains
- Stephen Ministers
- Anyone who wishes to learn about resources for their own spiritual journey.

Sacred Feminine Revisited: WATCH FOR DETAILS!

Last spring, 100 women gathered to explore the Sacred Feminine at Franklin Park Conservatory.

More such events and follow-up groups are being planned, as there was such a tremendous interest in gathering around this topic. Watch for a special mailing about these programs coming SOON. If you were not on the list of women at the May gathering, but would like to be in a Sacred Feminine study/support group, please call the Network.

Network Events

The Wellstreams Training Program is pleased to present:

Listening Skills Workshop

Saturday, September 10, 2005, 9:30am-3:30pm (registration 9am), at the Martin de Porres Center, St. Mary of the Springs

Workshop Fee: \$50 (optional lunch available for \$5 if reserved by August 28)

Listening is so basic that we take it for granted. Most of us, unfortunately, think of ourselves as better listeners than we really are. The ability to listen deeply rests on how successfully we resist the impulse to react emotionally to the position of the other.

In this experiential workshop we will learn:

- What constitutes effective listening
- To be aware of our emotional responses
- Attention, appreciation, and affirmation
- By practicing listening skills together

Our presenter, Sharon Reed, M.Ed., is a licensed professional counselor at Ohio Dominican University, a graduate of the Shalem Program in spiritual direction, and a member of the faculty of Wellstreams.

This workshop is open to anyone who desires to become a better listener. It is ideal for anyone in helping professions, lay ministers, caregivers, etc.

Discovering Inner Wisdom: A Workshop on Discernment

Saturday, November 12, 2005, 9:30am-3:30 pm (registration 9 am), at the Martin de Porres Center, St. Mary of the Springs

Workshop Fee: \$50 (optional lunch: \$5. Must be reserved no later than October 30)

This workshop will include lecture, discussion, small group work, and reflection.

Topics to be explored:

- Recognizing movements that arise from the Holy Spirit (our true self) and those that do not
- How discernment facilitates growth in self-knowledge, movement toward life, and transformation
- Consolation and desolation as the foundation of discernment
- Becoming aware of God's involvement in one's life

Our presenter, Janice Bachman, O.P., received her Master's degree in spirituality and spiritual direction from Creighton University, is currently a candidate for certification in Jungian Analysis from the University of Toronto, and serves on the faculty of Wellstreams.

This workshop is open to anyone who desires to grow in prayer. It is ideal for those in helping professions, lay ministry, and caregiving.

For more information on these events, please call 614/228-8867 or e-mail: spiritnetwk@hotmail.com

Ongoing Groups

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-1 pm, 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 butalia.1@osu.edu.

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.

September 17, 10am-noon, in the main library, conference room 1, 96 S. Grant Ave.

October 15, 10am-3pm, in the main library first floor auditorium, Jeannetta Holliman presents exercises from her Personal Power workshop that help you tell your story effectively.

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



Now and then

by Sylvia Zimmerman

My dearest friend called to say her visiting daughter had gone back to Florida. "I asked her to leave," she said. The story is not interesting in its details, for it centers on old hurts and habits unable to be forgiven or forgotten. Time does not always heal. Therapy helps, but unless one is willing to do the hard work, it becomes only another failed experience. Tai chi, yoga, Rolfing, music, art, even spiritual direction, all can lead to breakthroughs in our habitual thought patterns, but if one is unwilling to master forgiveness, it is all for naught. What is required of us seems the very thing we cannot do.

So then what? The daughter goes home; the relationship is broken. What is a parent to do? She cannot make her daughter forget the abuses of her upbringing. She cannot undo what has been done. Eventually, it comes down to "enough."

In his book, *Genesis Interpretation*, Walter Brueggemann writes that the hard work required for healing emerges from the sickening sense that one has been unacceptable and that even then one must choose rightly, for the stakes are high. He invites us to read the Genesis story as Proclamation, not as literal history, or just as myth. There is something rich and sturdy in experiencing the story of Cain and Abel within the context of Proclamation.

Did God say "enough" to Cain when his countenance fell because God accepted Abel's "firstling of the flock" over his offering of "fruit of the land"? How can such an injustice be tolerated? God could have chosen both of their offerings, but then the story would have lost its power. During the period of Babylonian exile, the Jews began to see this story in the context of their experience: God had indeed chosen them, established a covenant with them, given them land. And God was equally capable of taking it all away. They realized that in their 1,000-year history they had not gotten it right yet. So many times they had remained a stiff-necked, rebellious people. What was God to do with children like that?

My friend's reflective sigh, "But I raised her," is haunting.

Brueggemann hears that sigh as "God's change of heart."

The Jews in exile discerned through reflection on their history some truths about what it meant to be a people created in the image of God, chosen by God to live harmoniously in a world formed out of God's own self. They had to confront their disobedience as something they seemed unable to control. They had made alliances with the ungodly; they had consumed themselves with greed; they had committed adultery and murder. They could not let God be God. For Cain, it had been too much "to do well" in the face of what God had done to him. Murder was the byproduct of his envy over a capricious God. The Jews could have picked a different story, told their narrative without the theodicy*, but they didn't. "The rejection of Cain is not reasoned but is a necessary premise for the story. Life is unfair. God is free. There is ample ground here for the deathly urgings that move among us" (*Genesis Interpretation*, p. 56).

My friend could have continued to bear the brunt of her daughter's pain, which she had done for 30 years. Or she could have said: "This far and no further. Enough. You are a free agent, but not in my house for your rage has consumed you." So the daughter leaves. The relationship is in a death lock.

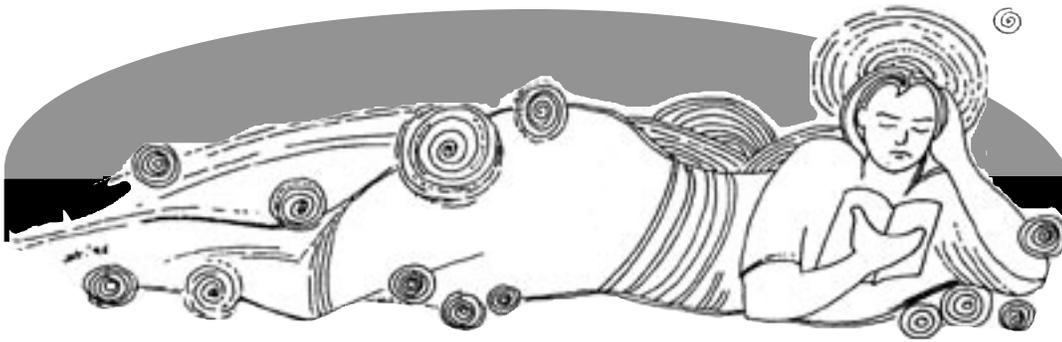
Maybe this fractured relationship between God and God's people, between siblings, and between parent and child is something only the Jews in exile could understand. It can come to this: "I will blot out man...for I am sorry that I made them" (Gen 6:7). And then, there is the sigh, the "and yet..." It is God who cries out: "How can I give you up? How can I hand you over?" (Hos 11:8). And so it is that God marks Cain for protection from his enemies in the land of Nod.

What is discovered is that God's love for God's creatures goes beyond the rebellious choices we make, the victimhood we embrace.

The daughter may not call. The mother surely will. All is not lost as God proclaims: "I cannot let her go." It was so for the Jews in Babylonian exile and it is still so for us today.

Sylvia Zimmerman is an ordained UCC minister who completed Spiritual Direction Training in 2002. She presently milks cows on her farm in Richwood, Ohio, having forsaken the flock for the herd.

*A vindication of God's goodness and justice in the face of the existence of evil.



Books

for your spiritual life

Eros and Pathos by Aldo Carotenuto. Inner City Books, Toronto, 136 pages. Recommended by Jeff Thompson.

"Love is the dynamism that most infallibly brings the unconsciousness to light." C. J. Jung

Whenever we find ourselves in a sea of passion or an abyss of suffering we are prey to powerful unconscious forces. How we may either drown in these energies or harness them is the subject of this book.

We are offered a provocative look at love and pain and asked some hard questions. Why do we fear love? Why are we never satisfied? Why do we hurt those close to us? How do we invite betrayal? What can we learn about ourselves from eroticism, abandonment, and solitude? What unconscious drives are at work in seduction, jealousy, the desire for power? Is there a connection between love, suffering, and creativity? At the still point where passion and terror originate sits the crucible of transformation in which are reshaped the joys and torments of both past and future.

There is treasure in the darkness, and this book brings it to light.

Adam's Return: The Five Promises of Male Initiation by Richard Rohr. Crossroad Publishing, 2004. Recommended by Dan Schleppi.

Drawing from his extensive travels around the world, Rohr has discovered that initiation rites have been a part of every culture for thousands of years. In this book, he addresses the increasing lack of male initiation in western culture and spirituality. Based on decades of work, travel, and experience, Rohr, a Franciscan priest and best-selling author, unearths the complexities of male spiritual maturation and helps us to understand the importance of male initiation rights in both western culture and the church and their impact on healthy psychological and spiritual life.

God Hunger: Discovering the Mystic in All of Us by John Kirvan. Sorin Books, 1999. Recommended by Amanda Stone Cushing.

From the book jacket: "At the root of all our longing is a profound hunger for God. It's a hunger that can't be satisfied with feel-good recipes or pious platitudes. It is, in reality, the same hunger that has for centuries motivated the world's great spiritual teachers, a hunger only God can fill." This small yet rich volume contains spiritual wisdom that invites the reader to embark on a journey of discovery through the best that Western spirituality has to offer. *God Hunger* expands the words and wisdom of the mystics as they teach us how they connected with a "love-driven" God. Among those included are 4th-century Gregory of Nyssa, 12th-century Kaballah, 13th-century Islamic poet Rumi, and 20th-century Thomas Merton, Evelyn Underhill, and C. S. Lewis. Author Kirvan responds to their wisdom with 50 meditations and prayers to help us begin, or perhaps enrich, our journeys. *God Hunger* invites the reader to humbly and joyfully discover a nourishing spiritual life.

The Life You Save May Be Your Own: An American Pilgrimage by Paul Elie. Farrar, Straus and Giroux, 2004. Recommended by Sr. Thoma Swanson, O.P.

In this unique multiple biography, the lives of Dorothy Day, Thomas Merton, Walker Percy, and Flannery O'Connor are woven together to present an extraordinary look at four of the most influential Catholic (and spiritual) literary figures of the 20th century. The theme of pilgrimage can be found in the work of all four, and Elie incorporates this theme as he explores the literary pilgrimages each took through their lifetimes of reading, writing, and contemplation. These life stories provide a foundation on which we can examine the way that life, art, and religion intersect to produce inspiration and insight.

Artwork:

pp. 1, 7 Sandra Torrijos/Isis International-Manila
p. 2 Cristina Quisumbing Ramilo/Isis International-Manila
p. 3 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
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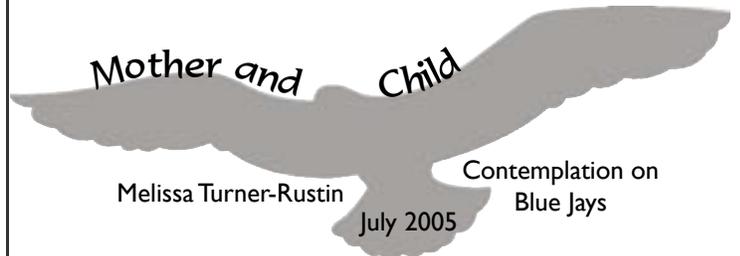
Beginning in 1986, the Spirituality Network was envisioned as an interfaith outreach to address the "thirst for the God of Life." Though the Network was founded and has been sustained primarily by individuals from the wide spectrum of Christian faith, our aspiration is to be a community of acceptance 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 to aid others on their spiritual paths. Through a rich and diverse network of resources, we will 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



The other day I saw in our walnut tree a mother blue jay teaching her baby blue to fly. She was silent and went before the baby, flying two branches ahead then sitting and waiting patiently for the little one to come along. The baby was full of noisy complaint. He cried out squawking loudly, frantically spinning his wings, gyrating dramatically like a helicopter pleading with her for help. The mother, untroubled by the baby's antics, patiently waited on her branch sporting an attentive eye in his direction. Untrammelled by his emotional outburst, she companioned him in love as he struggled and struggled to let go and trust the wind to carry him forward. When the baby finally let go of his control, the wind launched him to his mother's side. A second later the mother flew to the next branch and the whole process began again.

Melissa is a spiritual director, retreat facilitator, artist, and writer living in Delaware County.