

Spirituality Network Newsletter

Spring
2007

WHO

supported

your spiritual journey?



Honor a Spiritual Guide or Companion

in The Spirituality
Network's
20th Anniversary
Commemorative
Program

deadline: March 31, 2007

A very special part of the Spirituality Network's 20th Anniversary celebration will be the creation of a Commemorative Program that will be given to everyone in attendance.

This is your opportunity to recognize a special friend, spiritual director, or companion who has played an important role in your journey. If you wish, you can always recognize The Spirituality Network! You may submit a print-ready or electronic "ad" in the size that you choose, or you can just send the honoree's name and a message and we will design the "ad."

This is a wonderful way for you to continue your support of The Spirituality Network and help ensure that the 20th Anniversary is a smashing success. Because of printing costs, we are requesting a minimal fee based on the space that you wish to use.

Guidelines and submission information are in the brochure sent to our mailinglist. If you did not receive it or would like extra copies, see the brochure link on the Special Events page of our website: <http://www.spiritualitynetwork.org/specialevents.html>.

Thank you for supporting The Spirituality Network and honoring that special someone in this 20th Anniversary Commemorative Program. For more on the anniversary celebration, see page 3.

The Spirituality Network, Inc. provides:

- Education and formation through the Wellstreams Training Program
- Spiritual direction referrals for groups and individuals
- Retreat planning and facilitation
- Programs to foster the spiritual life
- Connection to a variety of spirituality resources in central Ohio

As an ecumenical organization, the Spirituality Network serves people both within and outside of religious institutions.

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2nd Annual Men's Spirituality Event Odyssey to Wholeness: Exploring the Masculine Experience of Spiritual Development.

Saturday, March 24, 2007, 8:45am-2pm, First Congregational Church, 444 E Broad St, Columbus. Featuring guest speakers: Dr. Terry Davis, MD, and Robert Wandel, AIA; hosted by Thomas Carlisi

Registration fee includes materials and lunch.
Individuals—prepaid by March 19, \$40; after March 19, \$50
Group rate, table of 6—Prepay for full table of 6: \$200;
MUST be reserved by March 19

“Wholeness” can feel elusive in a fractured world. What prompts the odyssey of a man's spiritual life? What insights or tools have you gained that can aid others in their travels? What can others share with you?

Join us for an opportunity to:

- Grow in wisdom and faith through shared stories;
- Meet fellow “journeymen” in small roundtable discussions;
- Gain courage for your personal odyssey to wholeness.

Further Exploration of the Sacred Feminine Discussion Group

Second Tuesday of each month, 2-4pm, at the Spirituality Network. Free will donations gratefully accepted. All are welcome. Please call the Spirituality Network for more information or to register: 228-8867.

Our cultural heritage gives us images of the divine that are overwhelmingly masculine. How do women recognize and claim that they too, are created in God's image? We will use art, creativity, story sharing, reflection, and discussion to provide opportunities to delve more deeply into the theme of the Sacred Feminine.

Future dates: March 13, April 10, and May 8, First Congregational Church, 444 E Broad St.

Continuing Education and Professional Enrichment Series Presents:

New Perspectives on Aging: Spirituality and Healthy Living

Saturday, April 28, 2007, 8:45am-12pm, First Congregational Church, 444 E Broad St, Columbus, with Sr. Marialein Anzenberger, O.P.,

In this follow-up to our fall session on retirement, Sr. Marialein will explore with us the issues and questions of mid and late life. Concentrating on the last two stages of Eric Erikson's stages of development, we will look at how they relate to the NOW of our lives. Sr. Marialein will invite participants to reflect on their own experiences and to share in small group discussions. Her presentation will include prayer, some lecture, group discussion and reflection on living in the present moment, in the presence of God in a troublesome world. This session is open to all, and is especially well suited for those in caring ministries.

Sr. Marialein earned her master's degrees in Pastoral Counseling from Iona College and Hunter College in New York.

Photos Needed!

Wayne Rapp is seeking photos of the community dinners for the book he is preparing for the Network's 20th anniversary. Either electronic or print photos are acceptable. Send electronic to wrapp@prodigy.net. Mail print photos to Wayne Rapp, 957 Old Farm Rd, Columbus 43213. Call 614/861-3394 if you have questions. Print photos will be returned.

Celebrate with Us! The Spirituality Network's 20th Anniversary Celebration Events

The Journey Continues, Friday May 18, 2007, 6:30-9:30pm,
Hearty hors d'oeuvres reception and program featuring
Edwina Gateley, emcee Deborah Countiss Lindsay. Gender
Road Christian Church, 5336 Gender Rd, Canal Winchester

Thirsting for the God of Life, Saturday, May 19, 9:30am-3:30pm,
a retreat day with Edwina, Broad Street Presbyterian, 760 E.
Broad Street, Columbus

\$35 Friday Evening Reception; \$35 Saturday Retreat; \$60 both.
Scholarships are available; please call 614/228-8867.

Born in Lancaster, England, Edwina Gateley earned a Teacher's
Degree from England, a Master's in Theology from the
Catholic Theological Union in Chicago and certification as
an HIV counselor in the state of Illinois. Numerous groups
and individuals, including the governor of Illinois, the mayor
of Chicago, the late Cardinal Joseph Bernadin, and the former
president of the United States, Bill Clinton, have publicly
commended Edwina's work and ministry.

Edwina lived for nine months in prayer and solitude in a
hermitage in Illinois, followed by a year on the streets of
Chicago, walking with the homeless and women involved
in prostitution. These two experiences led her to found a
house of hospitality and nurturing for women involved in
prostitution in 1983. Currently, Edwina serves as "Mother
Spirit" for Exodus, a program in Chicago for women in
recovery from prostitution.

A prolific writer, Edwina has published 12 books of
poetry, prayer, and inspirational reflections. (See our
Book Recommendations on page 11 and in the Winter
issue.) In addition to writing, she continues to give talks
and retreats around the world, especially for abused and
marginalized women. Edwina speaks on Women in Scripture
Transformation, Justice, Mission, Mysticism, Prayer, and
Spirituality.

I do not need to seek God.
God is already here
waiting to be found,
soaked in my reality.
My journey is to be one
of recognizing God, always
already present,
and surfacing that presence
in my daily life.

From *A Mystical Heart* by Edwina Gateley

The Seventh Annual Arti Gras! Celebration of Art and Spirit

Despite a fresh snowstorm, nearly 100 people came out to
explore and express their creativity at our seventh annual Arti
Gras! Through paint, clay, beads, song, collage, written word,
paper, fabric, and dance, participants sought new sources of
hope and compassion.

New Orleans natives Charleyne, Cecilia, and Kevin, who are
inspirations of hope themselves, provided a delicious Louisiana
meal of etouffee, gumbo, and red beans and rice. Arnett
Howard topped it all off with a rousing New Orleans musical
celebration.

To honor our desire to bring more hope and compassion to
the world, a portion of our Arti Gras donations will go to
Women to Women Listening Ministry to provide a spiritual
retreat.

Gratitude

Presenters

Carol Phillips
Whitt
MJ Abell and Key
Metts
Ellen Fox
Anne and Wayne
Rapp
Nan Weir
Karen Scott
Amy Flowers
Rick Hatem
Teresa Devitt
Holli Rainwater

Cooks

Charleyne
LaCarbiere
Cecilia Evans
Kevin Bolds

Music

Arnett Howard
With Terry Davis

Volunteers

Linda Bryant
Melissa Turner-
Rustin
Donita Harris
Barbara Davis
Dan Schleppe
Corrine Hughes
Carol Ann Spencer
Jeanne Purcell

Art Donors

Key Metts
MJ Abell
Dan Schleppe
Amy Flowers
Carol Phillips
Whitt
Judy Hoberg
Cindy Kuhn
Donita Harris
Maddy Stapleton
Linda West
Melissa Turner-
Rustin
Barbara Davis
Pat Gibboney
Cindy Lytle

The Spirituality of Time

Spirituality Network Board of Directors

Barbara Davis, Chairperson
Spiritual Director

Dr. Brad Binau
Trinity Lutheran Seminary

Linda Bryant
Franklin County Courts

Tom Carlisi
Winners League Foundation

Donita Roberts Harris
Spiritual Director, Circle of Hope

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Personal Direction

Wayne Rapp
Rapp Productions

Sharon Reed
Ohio Dominican University

Alex Rodriguez
Nationwide Insurance

Dan Schleppe
Spiritual Director

Maxine Shonk, OP
St. Mary of the Springs

Ex-officio:
Loretta Farmer
Spiritual Director to the Board

**For everything there is
a season, and a time for
every matter under heaven.
(Ecclesiastes 3:1)**

Time is a gift to be used well. How would our lives be different if we developed the attitude that **time is a mystery to be lived and not a problem to be solved?**

Our experience often says that time is a problem. Often we save less and less energy for close friends and for personal quiet and reflection. This leads to distraction and a feeling of being scattered. What or who is the center of your life? Examine where you spend your time and what gets your attention. Look at your daily schedule or your appointment book. There are meetings, errands, work, and children to be chauffeured. This is what receives your care and attention and by definition, your love.

Our culture encourages business, not silence; it encourages activity, not sabbath time. Our culture also affirms extroversion, not introversion; to look at what we do, rather than who we are. All of this haste and frantic activity are acts of violence that do harm to our relationship with God, ourselves, and others.

Adult maturity seems to be related to how well we use time. Religious development and our spirituality depend on how consistently we respond to the active and ongoing presence of God in our life. The spirituality of time is about listening in our prayer; it is about paying close attention, noticing and being sensitive to cues in ourselves, others and the environment that say something about what is going on. It is about learning **to live in the present moment.**

We need to be aware and notice what is going on inside of us before we can be aware of what is going on in others and the environment around us. When we do this, this will help us to become aware of our own concrete uses of time and some of the forces, internal and external, that influence our decisions around how we use time.

Where do we look for clues for constructive use of time? In a day or week, chart how you use work time, alone time, together time that is in a nonwork situation, and play time. Then judge your satisfaction with this balance. Talk it over with someone who knows you. Remember that our use of time is related to our prayer and a reflective life.

In my time of reflection can I ask myself the following questions:

- Can I name something in my life that I need to let go of?
- Is there something to which I need to give myself more freely?
- What takes me away from life or the present moment?
- Can I say “no?” Am I able to set limits or boundaries?
- How am I at self-care?

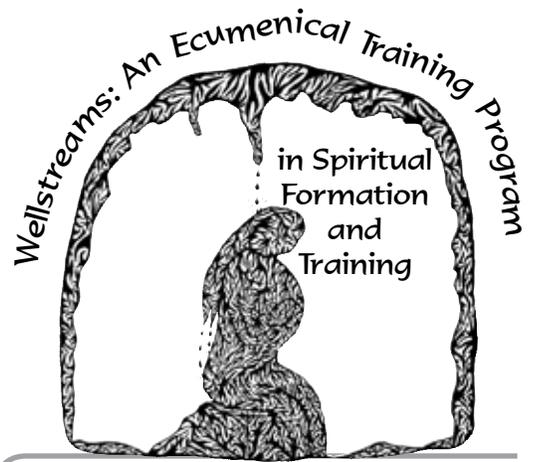
The middle of Lent is a good time to pause and check the pulse around our attitude concerning the spirituality of time. It is possible to see time as gift to be lived. We can learn to choose life in the here and now, the present moment, which is the only place that we can encounter our God.

Carol Ann Spencer, O.P. is both a spiritual director and retreat leader who coordinates Wellstreams, an ecumenical training program in spiritual formation and development, sponsored by the Spirituality Network, Inc.

On January 31, 2007, our fifth class of 18 participants completed their 2 ½ year journey in Wellstreams. We celebrated with family, friends, and faculty in a closing ritual that invited us to reflect on all that happened to us and in us as we walked together. In the proclamation of the Emmaus Story, we saw many parallels in our own journeys. The Road to Emmaus is not a road of the past. It is an everyday road. Someone is still walking along beside us, explaining the scriptures to us...breaking bread with us...and then vanishing from our sight. And we are still rather slow about recognizing what's happening in the breaking of the bread and that's because we are so slow in trusting. We long to recognize Christ before we trust that stranger on the road...and so often we miss the blessing.

Each of the graduates was encouraged to continue on the road of becoming, for there is always more to be discovered in our relationship with our God, and with ourselves and one another.

Carol Ann Spencer, O.P., Director of Wellstreams



A reflection from one of our graduates, December 2006:

I entered Wellstreams the week that I turned 50. As I departed our group's first evening together, I was very aware that God had given me a most wonderful birthday gift to mark this midlife marker. At the time, I did not know what the gift box contained nor what it would mean for me personally, but the Gift Giver and I have been opening the treasure these past 2 ½ years. As I write these thoughts I am beginning to work through the Wellstreams list of things to do that will bring this stage to a close. The season of Advent is upon us and as I reflect on Mary's personal journey, the working through these reflection papers and projects helps me notice more deeply the new life springing forth in me. As Wellstreams comes to a close and I meditate on Mary's feelings during her time of waiting and anticipation, I am quiet, still, hope filled, fear filled at times, and (perhaps most important for me) savoring this mystery of God to use me in ways I could never have imagined or dare hope. I have been blessed by my fellow Wellstreams pilgrims, my spiritual director, my supervisor, other supervisors and teachers, and by the many people associated with this program who have been serving us behind the scenes. It is well with my soul and I am incredibly grateful.

Judy Smoot



*Photos from Wellstreams graduation by Jamie Gump.
Top: Supervisor Sr. Joan Supel blessing graduate Judy Smoot.
Center: Back row, left to right: Judy Smoot, Margene Whittenburg, Kathy Murphy, Sue Ulmer, Karen Terada, Joe Fowler, Bonney Sprafka, Carol Gump; middle row, left to right: Judy Guion-Utler, Ruthmary Mangan, Carol Jones, Linda Lewandowski, Pam Townsend, Rebeka Maples; front row, left to right: Michelle Rogers, Jackie Dean, Beth Bartley, Brenda Osuga, Sr. Carol Ann Spencer, O.P.
Bottom: Supervisor Sharon Reed blessing graduate Ruthmary Mangan.*

journeying through the Way of the Horse

“You do what?” This is the most common response I hear after telling people what I do. My answer to them is often met with a raised eyebrow, a twitch at the corner of the mouth, or a tilt of the head. They think I’m making this up. I am not. Equine Experiential Learning is a healing process that helps people grow both emotionally and spiritually through interacting with horses.

Many of us have an innate attraction to horses. We are attracted for many reasons. Horses are the wild become tame. Horses stand for beauty and freedom and strength. Sometimes we can’t explain what it is that attracts us to them.

Horses are prey animals. Their genetic makeup causes them to remain constantly on guard for predators. Their physical form—including eyes on either side of their head—helps them be keenly aware of their surroundings. Horses will run away from anything they encounter that is unusual in their environment. Because they are prey animals, horses possess a keen sense for authenticity; they can sense when there is no intention to harm them just as well as when they may be intended for dinner. In the wild a lion that has finished eating can walk through a herd of grazing zebras. However, they will run from the same lion that is intent on hunting dinner.

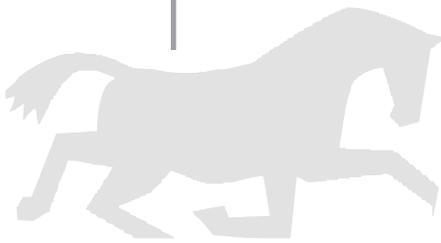
Humans possess characteristics of both predator and prey. At times we act with aggression, other times we experience ourselves as passive, weak, frightened, or in danger. Horses send instant messages about their emotional state, which is often triggered by the emotions of the human in their direct vicinity. When humans and horses interact, they feed back to us our own fearfulness, hesitancy, incongruency, or distraction. They also respond favorably when humans approach in friendship, remain in the present, act with congruence, or lead with clarity of intent.

In short horses act as mirrors to our own emotional life, and herein lies the key to partnering with them in order to learn about ourselves.

Equine Experiential Learning takes place, initially, with the human on the ground. The horse is either on a lead rope or loose depending on the goals of an activity. Horse and human interact within an appropriate enclosure such as an arena or a 60-foot round pen. A facilitator directs the activity and often, a horse handler is present to provide a second set of eyes for observation and as a monitor for the safety of both horse and human.

The process uses both reflective and active exercises. Reflective exercises create an opportunity for one to look inward. An exercise can be as simple as approaching a horse in order to pet or groom her. One of the early sessions that often affect people is the “nonaction” of sitting on a stool in the middle of a space where a “free” horse can approach the person in the horse’s own time. I call it “do nothing time.” Experiencing a thousand-pound prey animal willingly approach and drop a head to be rubbed or touched will evoke emotions and memories and often triggers introspection and self-knowledge. Anyone who experiences a horse choosing to stay with them, rather than leave, will gain acceptance, trust, and partnership. Such an exercise begins the gentle articulation of congruency, messages behind emotions, and the slowing down of frenetic activity.

When a person moves into active work with the horse, another set of personal resources is set in motion. In active work one assumes a dominant role in the horse/human interaction. Rather than being the receiver of the horse’s approach, a person becomes the initiator, the leader. Asking a horse to stop, turn, and trot off the opposite way, for example, requires a person to raise one’s energy, display clarity of intent, and carry through with purpose and direction. Learning to lead requires a person to clearly indicate one’s boundaries, envision a completed goal, and take the steps necessary to achieve the desired action.



⋮ The Clay Bird

The horse/human interaction inevitably reflects behavior patterns from the person's life. One person may try to bully a horse into compliance; another will sweet-talk, plead, and then back down from the encounter; some can respect the horse's perspective. All of these mimic their patterns of human interaction as well. The facilitator acts as observer, simply "one who notices." We listen as the person describes his/her own emotions during the equine encounter. We ask questions that will help one to clarify his/her own understanding of the experience. We may assist in identifying the parallels in life that surface through the interaction with the horse. We facilitate the reflective process. There are also times when we recommend that he/she process further with a spiritual director, counselor or mental health professional.

Horses have served us well throughout history. Although it has been habitual to "use" them for our own advantage, we have seldom recognized their innate potential for teaching us. Great moments often occur through a shift in perspective. Journeying through the Way of the Horse is a path of relationship, understanding, and mutual trust; the human psyche yearns for such experience. Although many of us recognize that we can learn from all of God's creatures, I believe God gives a special wink of recognition to those horses who lead us to the deepest understanding of what it means to be human.

Dottie Kluesener is Wellstreams Graduate, an Epona Approved Instructor and an Equine Assisted Growth and Learning Association Student. She lives in Johnstown, OH at her equine facility called Sugar Lump Farm. For information: contact her at Sugarlumpfarm@aol.com. Website will be available soon.

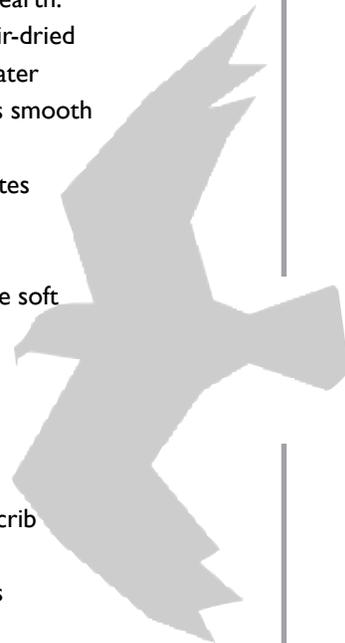
See Dottie's book recommendations on p. 11.

Open House Dates at Sugarlump Farm

Come meet the staff and horses of Sugar Lump Farm. Demonstrations presented. Saturdays: May 5; June 9, and July 14, 1pm-2:30pm. FREE. E-mail sugarlumpfarm@aol.com for information and directions.



Gently, the potter holds the round,
moist clay
waiting with the heaviness
for life to move her Presence
to pinch and
flow and amble through the
folded crevices of mothered earth.
Dousing and drenching the air-dried
cracks and fissures in holy water
she kneels to edge the angles smooth
shielding the chilly lump
at window's ledge as Sun invites
its shadow dance.
Sighing, she folds Song in the
scalloped slab and presses the soft
clay until it kisses
then
draws the vulnerable head
from the middle
til' the beak opens
and the tail plaits the body's crib
with balance.
"This clay bird," she whispers
to the fig tree in the corner
of the room,
as Story emerges and writes
the wings to rise
the frozen
grey gravestone ground
to paint the sacred sky
blue.



Melissa Turner-Rustin was inspired to write by the "Birds of the Air" Ceramic experience led by Carol Phillips Whitt at ArtiGras, February 2007.

Sts. Peter and Paul Retreat Center

2734 Seminary Rd SE Newark, Ohio,
740/928-4246

Now offering facilities for private and directed retreats. Call Marguerite Chandler, OP, for further information.

St. Thomas More Newman Center

64 W Lane Ave, Columbus, 291-4674

Lenten Film Series: Spiritual Giants; soup and bread, 6pm, film 7pm

Something Beautiful for God, March 9, the life of Mother Teresa

Winter Rain, March 16, the life of Thomas Merton

Romero, March 30, the life of Archbishop Oscar Romero

First Community Church

North Campus, 3777 Dublin Rd.,
South Campus, 1325 Cambridge Blvd.,
614/488-0681 ext 226, www.fcchurch.com

Hosted indoor labyrinth walk for groups or individuals, 5-8pm (please start your walk no later than 30 minutes before closing): March 18-19 at North Campus, 3777 Dublin Rd.

A *facilitated indoor labyrinth walk* with a theme, followed by an opportunity for individual reflection and sharing in small groups, will be offered at 7pm on March 19 (Trust Walk).

Sunday, April 29, 7pm, a facilitated Healing the Earth Labyrinth Ceremony will be held at First Community Church, Grace Hall, 3777 Dublin Road.

Check *firstnews* newsletter for changes or additions: www.fcchurch.com.

Jung Association of Central Ohio

Jung Haus, 59 W Third Ave, Columbus;
614/291-8050; JungACO@core.com;
www.jungcentralohio.org

2nd Saturday Coffee and Conversation, 10am-12pm. New topic each month. Free. Donations appreciated.

The Sweeney Lecture: The Shadow Archetype and the Search for a New Ethic, March 17, 9:30am-12:30pm. Lecturer: Richard J. Sweeney, PhD, Jungian Analyst. First Community Church, 1325 Cambridge Blvd. \$40-\$55.

Preview of the Black Madonna documentary, April 18, 7pm. Presenter: Jean Donohue, filmmaker and researcher. Free. Input and observations requested.

Lecture and Workshop by Dennis Slattery, PhD. *Lecture: The Way of the Wound: Pilgrimage and Personal Mythology*, April 20, 7-9pm. Presenter: Location: Columbus College of Art and Design. The lecture will explore the place of the wound in the pilgrimage of each of us. Jung reminds us that no process of individuation begins unless it starts with a crucifixion. This talk will explore woundedness in several of its guises.

Workshop: The Voice of the Body and Personal Mythos, April 21, 9:30am-3:30pm. This workshop will extend the themes of the evening lecture without it being a prerequisite. We will do a few short writing exercises to allow us to recognize the myth that lives in and through us. We will explore the nature of assumptions, the image of the body we carry within us, as well as body gesturing, the prejudices that guide us, and the courage we need to break into new ligaments of the myth that is reborn in us every day. Please bring a journal if you keep one, pen and paper if you do not. For fee information or to register, please contact JACO.

Martin de Porres Center

2330 Airport Drive, Columbus;
614/416-1910; martindeporres@columbusdominicans.org; www.columbusdominicans.org/mdp

Justice Video Series, Thursdays, 7pm, free.

Radical Amazement, March 17, 10am-3pm. Suggested donation \$20, includes lunch. Register by March 12. Join us in an exploration of the cosmos that evokes radical amazement and invites us into a contemplative awareness of the connectedness of all creation. Judy Cannato, M.Ed., M.A., is a spiritual director on the staff of River's Edge in Cleveland, Ohio.

April 26: Turtle World and Kilowatt Ours. These films reflect immigrants' struggle for a more dignified life and the search to find God in the midst of that struggle. Both films are produced by The Center for Latino Spirituality and Culture at Notre Dame University.

A Dominican Day of Story and Song, April 21, workshop: 9:30am-4pm. Suggested donation \$20, includes lunch; concert: 7-9pm, free. Register by April 15. In the morning, Dominic DeLay, OP, will look at using films to teach gospel and moral values and will help us develop skills for deeper discovery of the incarnate Christ in the truth and beauty of films. In the afternoon, he will lead an interactive exploration of storytelling. The evening concert, *Black & White: a Friendship in Song*, will include songs and stories that have been a part of the song-filled friendship of Dominic and John Paul Forte, OP.

A Long Loving Look at a Wounded Church, May 5, 10am-3pm. Suggested donation \$25, includes lunch. Register by April 30. In this workshop, Michael Crosby, OFM Cap., internationally known author and speaker, will look at why people who may feel like exiles in their church are energized when they understand that Jesus invites them to a new way



of being “cosmic church.” Michael belongs to the Midwest Province of the Capuchin Franciscans. He has degrees in economics and theology and has written 16 books on spirituality, several of which have received awards from the Catholic Press Association.

Through Darkness to Light: Emerging into New Life, May 12, 10am-3pm. Suggested donation \$10, includes lunch. Register by May 7. A day of retreat facilitated by Maureen O’ Brien, O.P. for those who have lost a loved one in death and for those who minister to the bereaved. The day will include input as well as time for prayer, reflection, and shared discussion. We will conclude with a memorial prayer service honoring those who have died and who have special meaning in our lives.

Spirituality and Persons with Developmental Disabilities, May 19, 10am-12:30pm. Suggested donation \$5. Register by May 14. This presentation will explore how we welcome those with disabilities into our faith community so that they may experience and share the intimate love of Christ. Susan Swanson is a speech/language pathologist with 23 years of experience working with children who have social, emotional and language impairments, including those diagnosed with autism. She is particularly interested in the spiritual growth of children and adults with developmental disabilities.

The Spiritual Center of Maria Stein

2365 St. Johns Rd., Maria Stein, Ohio; toll free 877/925-7625; spiritualcenterms@bright.net; www.spiritualcenter.net/

Holy Week Retreat, April 2-9 (Monday, 7pm-Sunday, 10am). \$390. Register by March 23. Presented by Fr. Martin Iott, O.P. Come aside for some time during Holy Week to ponder the mystery of the Lord’s crucifixion and resurrection. With the Scriptures and song, with

silence and the Church’s traditional liturgy of Holy Week, we learn how to journey in hope from sorrow to glory.”

Centering Prayer Retreat, May 11-13 (Friday, 7pm-Sunday, 11am). Donation: \$150 single, \$240 couple, \$80 commuter. RSVP by May 4. This weekend includes silence, centering prayer and community, conference and videos by Fr. Thomas Keating, OCSO. Anita Donnan and Barbara Lobbestael are commissioned presenters of Centering Prayer of Contemplative Outreach, Ltd. This retreat is appropriate for beginners as well as those more seasoned in Centering Prayer.

Passions for Life: A Mid-Life and Beyond Program for Women and Men 40-85+, June 8-10 (Friday, 7pm-Sunday, 1pm). \$150 single, \$243 couple. Register by June 1. Presented by Adele Sheffieck. This workshop will give the participant an opportunity to look at midlife and beyond as transition into the second half of life in a relaxing and prayerful atmosphere. This time will help to answer the questions What is the purpose of my life? Where do I go from here? Adele Sheffieck, M.A., is a Certified Mid-Life Consultant.

Our Lady of the Pines Retreat Center

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

How to Hear God in a Noisy World, May 6-12. A contemplative prayer retreat led by Father Keith Hosey and Sister Maureen Mangan, cps. \$400. olprc@ezworks.net or 419-332-6522.

Summer Directed Retreats, May 31-June 3; July 5-12; August 6-9

Heart Themes in Matthew, August 22-29. A retreat based on the Gospel writings of Matthew led by Father Michael Crosby. \$400

Deborah Ling, Spiritual Direction

614/865-3332, e-mail deborahling50@sbcglobal.net, www.deborahling.com

Women’s Sabbath Days, March 16 and/or April 20, 9:30am-3:30pm. Enjoy group discussion, mandatory silence, and an organic, vegetarian lunch at the communal table. Facilitated by Deborah Ling at her home, 331 Lakeside Dr, Westerville. \$55.

Maeve’s Circle Retreat, May 3, 6pm-May 6, 12pm. A container enabling each woman to enjoy the companionship of others, as she opens herself to greater awareness and growth. Transform anxiety and stress into energy to heal self, others, and the environment. Location: St’s. Peter and Paul Retreat Center, Newark. \$450 includes private room, all meals (specially catered to be nutritious and organic), and registration. Facilitated by Deborah Ling and Diana McKendree.

Deep Wounding, Compassionate Healing. A retreat for women who experienced deep wounding and are tired of going over the same cycles over and over. Held at Northpointe Conference Center in Columbus, a spa-level center. Date and cost TBA (early summer). Call for more details.

Ohio Dominican University Center of Dominican Studies

Colonial Room, Sansbury Hall, 1216 Sunbury Rd, Columbus; 614/251-4722; e-mail: colbyc@ohiodominican.edu

St. Catherine of Siena, April 19, Spangler Library, Listening Viewing Center, 11am; Matesich Theatre, 7pm. Nancy Murray, O.P., a Dominican Sister of Adrian, Michigan, in a one-woman performance shares the life and works of the 14th-century Dominican mystic and saint who spoke boldly to popes and princes. Free. Reservations are requested: e-mail colbyc@ohiodominican.edu.

⋮ Ongoing Groups

International Women's Writing Guild

The Central Ohio Region of IWWG, open to all writers, meets on Saturdays quarterly at Camille's Cafe, 1305 W. Lane Ave., to encourage personal growth through development of each writer's "voice" in an open and supportive environment. March 17 and June 16, 10am-2pm. Contacts: Kathy Curtis kcurtis2@columbus.rr.com, 614/273-0052; Jeannetta Holliman, jpholliman@aol.com; Jeanne Marlowe, jamarlowe@juno.com. www.iwwg.com. IWWG uses Inner Palette, a combination of guided meditation, visual and written expression, and insightful discussions. Each meeting also includes The Circle, which gives everyone a chance to share news about their writing and other work.

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. 291-4674; e-mail: vinnycsp@yahoo.com

St. Stephen's Episcopal Church, 30 W. Woodruff Ave., Columbus, on Friday mornings, 6:30-7:45am, for centering prayer and praying the Divine Office. Justin Lanier, 484-9055.

Facilitated by Aniceta Pitstick, OP at Martin de Porres Center, 2330 Airport Drive, Columbus, every Thursday, 9:30-10:30am. 416-1910; www.columbusdominicans.org/mdp.

Turning Leaves and Tea Leaves

Second Wednesday of every month, 2-3:15pm. A monthly book club facilitated by Marialein Anzenberger, OP, and Colleen Gallagher, OP. Martin de Porres Center, 2330 Airport Drive, Columbus; 416-1910; martindeporres@columbusdominicans.org; www.columbusdominicans.org/mdp

Blue Heron Sangha

Martin de Porres Center, 2330 Airport Drive, Columbus, every Tuesday, 7:15-8:45pm. This is a mindfulness community in the tradition of Thich Nhat Hanh. For additional information, contact Sandy at scoen@columbus.rr.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.

Interfaith Open House, June 10, 2007, 2-5pm, Jefferson Ave Park and Carriage House, 65 Jefferson Ave. Cosponsored by IACO and the Columbus Metropolitan Area Church Council.

⋮ from the Executive Director

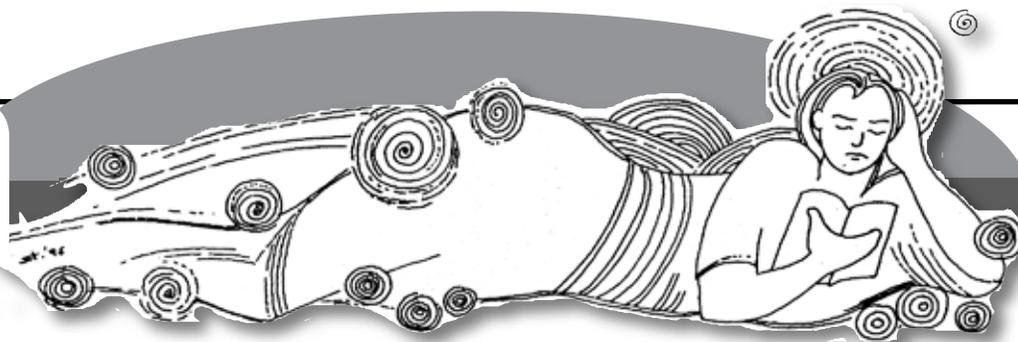
⋮ Patricia J. Gibboney, CFRE

The past 12 months have brought many blessings to The Spirituality Network. These blessings are actually the connections that have been made in the past and continue to flourish, as well as the new ones that are beginning to take root and develop.

As I reflect on the events of the past year, I do so with the gratefulness and appreciation for the individuals, groups, and congregations that contributed to its success. We have added new programs and built on the success of current ones. We have seen new faces at our events and have welcomed the familiar ones back. We have been responsible stewards of the financial support that our friends have provided while not sacrificing the quality of our resources. We have increased the number of people receiving our mailings as well as those who are willing to volunteer their time and talents. We have even witnessed an increase in the numbers of visits to our website. It is an exciting time to be connected to The Spirituality Network!

The mission of The Spirituality Network speaks to the provision of connecting individuals to resources that assist them on their spiritual journey. A woman of immense spiritual wisdom once advised me that the connections we make in life determine our values as well as our attitude toward others. It really determines how we live our lives.

Books and music for your spiritual life



The Tao of Equus: A Woman's Journey of Healing and Transformation Through the Way of the Horse by Linda Kohanov (New World Library, 2001)

Linda Kohanov is the owner of Epona Equestrian Services, an Arizona-based collective of trainers and counselors that teach the healing potential of human-horse pursuits. This book is Kohanov's story of her own intuitive and intensely emotional experiences working with horses. With a strong feminine approach, she intertwines mythology, history and personal anecdotes showing powerful human-horse connections. This is not a "how to" book, but rather an introduction of Kohanov's groundbreaking theories on the therapeutic role of horses.

Riding between the Worlds: Expanding Our Potential through the Way of the Horse by Linda Kohanov (New World Library, 2003)

Kohanov further explores the ideas and themes introduced in *Tao of Equus* through anecdotal evidence. After *Tao* was published in 2001, she received thousands of letters from readers all around the world, describing their own healing experiences with horses. These stories support her groundbreaking theories on the powerful spiritual, emotional and psychological connections between humans and horses.

Recommended by Dottie Kluesener

Christ in the Margins by Edwina Gateley with Robert Lentz (Orbis Books, 2003)

Arranged by headings such as Founders, Prophets, Outcasts, Holy Fools, Mystics, and Artists, the 41 icons by artist Robert Lentz include surprising subjects as Einstein and Tolkien, along with some of traditional saints. Gateley's reflections accompanying the icons invite us to see the subjects with fresh perspective. This beautiful volume also reminds us that Christ is found in the margins of life, and in those who often go unnoticed, unheard, and disrespected by our culture. This book can be used for private meditation, group contemplation, and inspiration.

The Prayer Cycle, Jonathan Elias, Composer. (CD, Sony Label, 1999). Various Artists.

This rich, evocative work intertwines multiple languages, diverse voices, and beautiful music in prayers of supplication, longing, and gratitude. The English Chamber Orchestra and Chorus is joined by such diverse voices as James Taylor, Alanis Morissette, Nusrat Fateh Ali Khan, John Williams, The American Boychoir, and others in movements titled "Mercy," "Grace," "Innocence," "Compassion." I often use this music to facilitate a contemplative atmosphere for groups as well as for myself.

Recommended by Amanda Stone Cushing, Spirituality Network Program Coordinator

Artwork:
p. 1, Carl Dwyer/stock.xchng
p. 5, Melvi Gelacio/Isis International-Manila
p. 11, Sandra Torrijos/Isis International-Manila

Use the Network's Amazon Link 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.

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 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

Wish List

First-class stamps (39¢ stamps)

Postcard stamps (24¢ stamps)

Coffee and hospitality supplies

Mailing labels for laser printer (30/page)

If you feel called to provide any of the above, please phone us to arrange delivery. THANKS!

And a special request for new [or nearly new] computer equipment: We are using machines that are almost 7 years old, have very little memory, power, and limited capabilities. Our request is for up to 4 machines that are running Windows XP, with at least 512 MB RAM. We would appreciate any information you might have on companies that might donate or underwrite this need.

Gratitude

Our thanks to:

Bonney and Bob Sprafka for a folding table

MJ Abell for a wonderful selection of gourmet teas

Donita Harris for a Wireless Router

David Leitch for saving the day by resolving our Internet problems