

SPIRITUALITY NETWORK



ASSISTING THOSE WHO THIRST FOR SPIRITUAL GROWTH

NEWSLETTER

WINTER
2008-09

Birth

Safe, warm, and comfortable
...I moved about my home
...Until I was called to a new world

The canal was narrow
...but the amazing light beckoned me
...beyond my current security

Paralyzed with fear
...I could not move myself
...yet the contractive actions around me
propelled me forward

by Becky King



Birthered from the womb I called home
...it was the gentle touch of strong hands
...which guided me into the new land

My lungs filled with sweet air
...allowing me to release a cry to all present
...as if saying, "I am ready"

Winter is so often looked upon as a time of endings and death, yet in the midst of the season something wonderful occurs...birth! As a baby is not expected to stay in its mother's womb indefinitely, we too are not to remain within the confines of our proverbial womb. Yet, it is hard to leave, isn't it. For some, it may be fear that keeps them from entering the birth canal, while others are so content in their present womb that there does not seem to be a need to be "birthered." It is important to remember, however, that birth is part of the normal process of life. As the seasons move through a cycle of birth, life, death, and rebirth, it is a normal part of our spiritual process to circle through the cycle of birth to death to birth again as well. In the winter seasons of our life, be gentle with yourself and allow yourself to grieve, however, do not lose sight of the guiding light leading you to new birth.

May the hands of the Divine comfort you in your winter seasons and guide you gently into a new land at your "birth" and as you inhale the sweetness of your breath of air, may we all hear the joyful sound of your first cry. Blessings and peace to you all in this season.

Becky King is a student at MTSO; she is a mother, a poet, an advocate for children and women, and a program intern for Spirituality Network.

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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.

SPIRITUALITY NETWORK EVENTS

SACRED FEMININE

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 likeness? Join us on the second Tuesday of each month as we gather for discussion, reflection, and exploration on a variety of topics that help us to connect to uniquely feminine aspects of The Divine. Our intention is to discover more balance, create more peace, and offer more hope to our world.

First Congregational Church, 444 East Broad St.
PLEASE RSVP: 614/228-8867. Donations accepted (suggested donation: \$5).

EXPLORING CELTIC PRAYER

February 10, 2009, 2-4pm, led by Linda Bixby. **RSVP: 614/228-8867.** Suggested donation \$5.

Celtic Christianity embraces the presence of God in all things. This theology celebrated the holy mystery of God as well as God's presence in the simplest everyday activities. Using material prepared by J. Philip Newell, Celtic theologian and author, we will chant together, pray together, and spend time in holy silence together. Linda Bixby has attended workshops led by Philip Newell and his wife, Ali Newell.

Future Dates: March 10; April 14, May 12.

Check our website and spring newsletter for updates on topics and presenters, or call 614/228-8867 for more information.



LENTEN JOURNAL 2009 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.

The daily reflections were written by central Ohio parishioners, pastors, spiritual directors, and religious and lay leaders representing many denominations.

The journal is ideal for the entire congregation, Lenten study groups, women's circles, support groups, prayer partners and individual reflection.

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

Journals may be picked up at the Network office or mailed. If mailed, we will add postage and handling charge.

PRE-ORDER NOW.
QUANTITIES ARE LIMITED.



To order: call 614/228-8867, e-mail spiritnetwk@hotmail.com, or visit our website. We will include an invoice with your order.

The Spirituality Network and the Adult Learning Council of First Community Church present:

EXPLORING THE SACRED PRINCIPLES OF THE COSMOS

March 6-7, 2009, with spiritual director and global citizen, Alexandra Kovats, CSJP, PhD; First Community Church, North Campus, 3777 Dublin Rd

Dr. Kovats is often a co-facilitator with Brian Swimme and Matthew Fox on cosmology. She was the Spiritual Director for the annual meetings of Spiritual Directors International in 2007. Alexandra will give a keynote address on Friday evening and offer a daylong creative and contemplative "prayershop" on the three principles for Cosmic Living on Saturday. Watch our website for further details.

The Spirituality Network presents a monthly series:

CONNECTING IN THE SPIRIT: CONTEMPLATIVE PRAYER AND STORY SHARING

First Thursday of the month: February 5, March 5, April 2, May 7, 2009, 7-8:30pm, at the Spirituality Network, First Congregational Church, 444 E Broad St, Columbus. FREE ~ All are welcome ~ Bring a friend. **PLEASE RSVP: 614/228-8867.**

*Discover quiet in the midst of a noisy life...
Listen for God inviting you to draw near...
Refresh your spirit...*

We invite you to join us for our monthly gatherings for contemplative prayer and story sharing in community.

March 5: Dee Fontana, "An Invitation"; other presenters TBA



FROM THE EXECUTIVE DIRECTOR

Patricia J. Gibboney, CFRE

NETWORK EVENTS

9TH ANNUAL ARTIGRAS! CELEBRATION OF ART AND SPIRIT

February 28, 2009, 9am–4pm

Maple Grove United Methodist Church, 7 W Henderson Rd,
Columbus

Open to all*. Donations accepted (suggested donation:
\$25), includes all materials for three workshops and lunch.



Maskmaking at
ArtiGras 2006:
Loretta Farmer
& Deb Ballam

Join us again or for the first time as we explore creativity as a means to express our spirituality. Experienced facilitators will lead mini-workshops in a variety of artistic media including collage, beads, paint, written word, movement and body prayer. Each workshop will invite participants to enter the creative process through reflection on some aspect of their spirituality. This engaging and interactive event is open to all* who wish to claim – or reclaim- their imaginative, creative selves. What better way to honor our Creator than to embrace our creativity?

*Persons 16 years and older. Children are welcome if accompanied by an adult.

Descriptions of sessions and registration information will be on our website in January: www.spiritualitynetwork.org or call 614/228-8867 to request registration information.

ARTI GRAS RAFFLE

During Arti Gras there will be a raffle to benefit the Spirituality Network, with a portion of the proceeds going to support Women to Women Ministry. Some of the items to be raffled: original creative works by local artists, certificates for services, art materials, CDs, and books. Tickets will be available after January 1, 2009 along with a complete list of items. Please visit our website or call 614/228-8867 for more information. Drawings will take place during Arti Gras on February 28, 2009. You need not be present to win.

As we enter the winter months of 2008, I would like to share with you some successes of the past few months and a few projects that are on the horizon.

The seventh class of the Wellstreams Training Program began in August. There are 20 participants, several of whom are driving a distance of more than 2 hours for each class.

The sale and distribution of our newly published book, *Drawn to the Living Water*, a 20-year history of spiritual discovery, have gone very well. The books are now being promoted through church bookstores and gift shops. I recently received e-mail from a friend who wants to purchase six books to give as holiday gifts!

The Taste and See event on October 25 provided a wonderful opportunity to sample various prayer and spiritual practices. Over 50 men and women participated in the unique day that offered both spiritual and physical nourishment. Plans are currently underway for the 2009 edition of the *Lenten Journal*, which will be available sometime in January. ArtiGras, the event that mixes art and spirituality, is scheduled for Saturday, February 28. This event is one that many people look forward to attending each year. And, we are very excited about the opportunity to work with First Community Church's Adult Learning Council who has made arrangements to bring to Columbus, Alexandra Kovats, CSJP, PhD, March 6–9. Alexandra is a spiritual director, teacher, and presenter at international retreats and conferences.

We are grateful to all of you for the continued support of our mission. We have been blessed with the many gifts and talents that our friends give to The Spirituality Network. We hope that you will continue to walk this journey with us.

Thanks to all who responded to our online questionnaire. The feedback has been great and we will share the results with everyone in our next newsletter.

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VIN-A-MINS: TRY ONE!

Giving

*If I am so busy giving,
eventually something in me has to give.*

*If I am always giving out,
I will eventually give out.*

Give that a few moments of thought!

REFLECTIONS FROM THE CHAIR

REFLECTIONS

Sharon Reed

"Sustainability" is a word that seems to be common vocabulary in many circles today—sustaining the environment, our energy, our institutions, our economy, our future. Sometimes we hear the word used so frequently, we don't even pay much attention to its meaning. How do we sustain our spirits, our spiritual lives, our relationships with God, others, and the world? It strikes me that the very nature of the word "sustainability" implies a paradox, a reciprocal relationship, a giving and receiving—the very aspects of life and my "soul life" that long to be sustained are the ones that have sustained me throughout my life. I often simply take them for granted.

The political, social, economic, and spiritual challenges of the world in which we live bring with them fear and hope, promise and possibility, doubt and wonder. Where will we draw our sustenance? What will we choose to sustain? What is God's deepest desire for us at this moment in time? Scripture reminds us, "I put before you life and death... choose life." How will we choose to sustain life in the coming months and years? What are we called to contribute of ourselves to help sustain the world we live in for future generations?

The Spirituality Network (through the relationships with other seekers thirsting for the God of life) has sustained my spirit and my spiritual growth over the last 20 years. Now we are at a place and time where the sustainability of the Spirituality Network must be a conscious priority for all of us who have benefited from a spiritual director or spiritual companion, a Network program, an individual outreach, or a sign of God's presence when we most needed it. The work of assisting those who are seeking God needs to be sustained in this paradoxical time of cultural, economic, and global instability, yet this time of great hope, promise and possibility, this time of "trusting in the slow work of God" (Chardin). Perhaps you are someone who has been touched by the vision and "soul" of the Spirituality Network. Perhaps it is time to both pray and work for the sustainability of the Network by contributing to a program that has sustained you, by making a donation in the name of someone who has companioned you, by serving on a committee, by introducing someone to the Spirituality Network, or by offering a scholarship so another can encounter the God they so long to know.

As the Board continues to pay attention to our deep desire to sustain the work of the Network for years to come, we welcome your spiritual gifts, your financial support, your prayers, your ideas, and your presence as we continue this journey together. If you have drawn some sustenance from the graced presence of the Spirituality Network, do not let "sustainability" become just another catchword.

VIN-A-MINS—SPIRITUAL VITAMINS FROM FR. VINNY MCKIERNAN, CSP

Fr. Vinny McKiernan has been writing Vin-a-mins for the Sunday bulletin at the St. Thomas More Newman Center for over 15 years. These bits of spiritual wisdom have been assembled in a collection of 200 and published in honor of Fr. Vinny's 50th ordination anniversary and the 150th anniversary of the Paulist Fathers. The first printing of 1,000 books was a sellout—a second printing is now available for sale. "Each one was meant to be a 'spiritual vitamin' for the week, hence, the name Vin-a-mins" Fr. Vinny said. Fr. Vinny has been associated with the Spirituality Network throughout his 18 years of ministry in Columbus. He is the editor of the Network's annual *Lenten Journal* and serves as a spiritual director and retreat leader.

Vin-a-mins are available at the Newman Center, 64 W Lane Ave, for \$10 each. For mail orders add \$3 shipping and handling for the first book ordered, and \$1 for each additional book in the same order. You may also order online at www.thenewmancenter.net/vinamin. Proceeds benefit Catholic campus ministry at the Ohio State University as well as organizations like the Spirituality Network.

by Sandra Kerka

Another in our series of spiritual profiles of people who are connected to the Network



Barbara Davis is many things—a spiritual director, grandmother, wife, mother, yoga practitioner, missionary, quilter. Through these many layers of identity runs a consistent thread: in Barb's words, "God will always show up." She first felt this certainty as a child. "One day when I was in church when I was about 10 years old, sitting next to my parents, listening to the sermon, all of a sudden I had a felt sense that God was in that place. It was a very powerful moment. I looked around—the room was the same, the people were the same, but it was a strong sense that God was there and very available. Other times I've felt that were out in nature. I always had a really strong sense that nature is an avenue to and through God."

This awareness of divine presence carried her through conflicted experiences with institutional churches. Seeking answers through high school and college, she tried many paths. When she and her husband Terry, a cardiothoracic surgeon, were living in Philadelphia, God showed up in a Presbyterian church grounded in liberation theology. "We became very involved in mission work when we were there. My first mission experience was profound. We stayed with families in Cuernavaca, Mexico. People we stayed with were so wonderful, loving, accepting. They had nothing material at all, nothing." Terry's work later took them on medical missions to Kenya, El Salvador, and Peru. "It was a privilege to be part of that. I was kind of the spiritual director for the group unofficially. My job was to listen because there was a lot of hard stuff and a lot of questions about where was God in all of this? You'd see all this suffering and they'd have to make choices about which child to treat." These mission experiences gave her a profound appreciation of other cultures and of the faithfulness and generosity of people who embodied the Spirit. "The real gospel of Jesus being in these communities of people who understood what Jesus was saying about being empowered by his message. Being loved by God and they were as worthy, as welcomed in the Kingdom as anyone."

The felt presence of God was the thread that led her through the dark maze, first when her brother died in the Vietnam War and later, when her middle child, a daughter, died suddenly in infancy. "The 2 years after her death were a strange combination of absolutely knowing God was with me but I was in a deep hole, this dark, dark place, having no idea how I was going to get out of that." The Philadelphia church was the face of God for her then. "It was a small church but the whole community just kind of wrapped itself around us. They were with us—with me—in the dark place." Moving

MANY PATHS, ONE WAY

A PROFILE OF BARBARA DAVIS

to Toledo shortly after, where Terry went to teach at the medical college, Barb sought to make meaning of this terrible experience. "I know God was in it, and I asked 'What do you want me to do with this?' How can I help not only to heal my own fury about it and my own sense of helplessness but also how can I help other people?" Two months after we moved, on the front page of the newspaper there was an article about a woman who wanted to start a patient advocacy program at the local hospital and I said, 'That's it. That's what I'm supposed to do.' So for 12 years I worked in the ER, trauma, hospice, oncology unit, and eventually they asked me to start a bereavement program for families with young children." She is able to say now that "all the threads come together, all connected, there was no mistake in anything that happened. It was all part of the learning. Of coming to this place of awareness and continuing to grow."

For Barb, growth comes from continuing to explore the ongoing questions. After moving to Columbus for Terry's work at Children's Hospital, "we started watching Dick Wing's 8 o'clock service [on television] from First Community Church. I loved the idea of 'everyone is accepted here.' And that it is a church of questions, not answers. It's a really wonderful and safe place to explore the questions, and so is the Spirituality Network. It feels like home because it's a safe place." For a while she tried to find answers in the seminary, but "I knew somehow organically that it probably wasn't where I belonged." Her spiritual director, an elder at First Community, invited her to consider becoming a spiritual director herself and introduced her to the Network. And once again God showed up to point out the way. "I had an interview with Sister Noreen Malone and Sister Carol Ann Spencer. It was in the home they had on Main Street. As soon as I walked in there, I was in tears. 'Oh my God, I've come home. I'm home.' And Wellstreams was even more of the same. Yes, this is what I've been looking for, longing for, waiting for. Just such a wonderful gift to be part of the journeying community."

Along with spiritual direction, quilting has become an important ministry as well as a spiritual discipline. Her mother, who took up quilting at age 81, introduced her to the art. When Barb started quilting with a friend from Wellstreams, Susan Towner-Larsen, they considered how it could be a spiritual practice. "I realized that for me the practice happens in discovering the colors and design. How they form a pattern, how things come together. I like to do contemporary quilts that don't necessarily have predictable patterns to see what comes up. Some of it has to do with the discipline of trying to make it square and that's a challenge. To be aware of how wonderful, organic, beautiful the colors are, but then get to the real nitty-gritty practice piece of how will I participate in making it happen as a real, complete piece." Participation in the community of quilters led her to start a

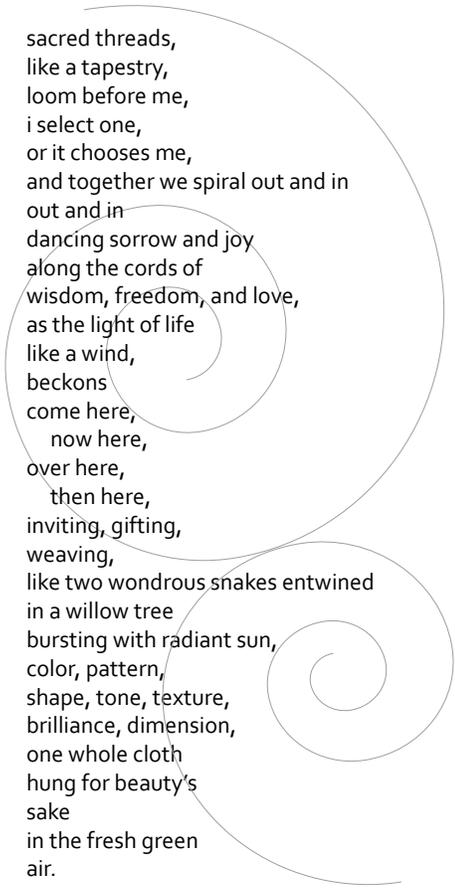
chapter of Prayers and Squares at First Community. "It's a national program—more than 800 churches. The premise is people request prayer, and you create a quilt for them. There must be intentional prayer that you hold when making these quilts. That's discipline for me: to pray for the group creating the quilts and the people we make them for."

Besides quilting, other disciplines enrich Barb's spiritual journey. One is bodywork, including yoga. "I truly love the idea of integrating the body and the experience of the spirit. And to recognize and resonate with what is going on in my own body. That's part of the journey that I don't otherwise pay attention to. Yoga is a really powerful integrative tool. Reading spiritual literature is one of my favorite disciplines. The poetry of Hafiz and Rumi. I really resonate with contemporary poetry—Mary Oliver, Edwina Gateley; her poems are so real and so powerful. The Benedictines, Joan Chittister." Since childhood, observing nature has been another spiritual practice. "I was sitting at my desk this morning. There's a big oak tree out there. A pileated woodpecker—I'd never seen one before, and another black and white bird. To watch them and their exquisite form doing their perfectly natural thing, being sustained by God. Nobody goes to grocery stores for them. The messages are always there in nature, if you pay attention."

Finally, there is solitude, although like some disciplines, this one took several tries to make it her own. She made several visits to Still Point Interfaith Retreat Center in Saratoga Springs, New York, which provides body work, creativity, and solitude. "The first time I went for 5 days, the next time for a week. After the second one the director said 'You need a 30-day retreat.' I may need it but I don't want it! By the end of the summer I had prayed about it and really did feel called to do it.... At first it was very frightening. The biggest learning was that solitude is rich. If I allow myself to stay 'there,' God will always show up! That's a surety for me. I need to let *myself* show up, be present, and make the commitment to be present."

Another place where Barb has known God's presence is in "holy moments" experienced in spiritual direction. "It's breathtaking when that happens. Not a verbally easy thing, more visceral. Both aware in an instant that God is in this moment. A little shift in awareness about a particular issue. Trying to be more aware, just like in nature, in this moment, God is here. I find both when I'm in direction or sitting as companion or director, God does show up in the story and every story is unique. It's very humbling to sit as director and realize that God is really at work here in this story and not get in the way. I appreciate that peer group and supervision and my own spiritual direction help remind me that I'm only a channel. I can't change the story or interfere in it in any way. The story is already there to be worked out."

THE IMPORTANT THREADS



sacred threads,
like a tapestry,
loom before me,
i select one,
or it chooses me,
and together we spiral out and in
out and in
dancing sorrow and joy
along the cords of
wisdom, freedom, and love,
as the light of life
like a wind,
beckons
come here,
now here,
over here,
then here,
inviting, gifting,
weaving,
like two wondrous snakes entwined
in a willow tree
bursting with radiant sun,
color, pattern,
shape, tone, texture,
brilliance, dimension,
one whole cloth
hung for beauty's
sake
in the fresh green
air.

-Melissa Turner-Rustin, 8/5/08

Barb is increasingly drawn to God's feminine aspect, as discovering more about the Sacred Feminine deepens her spiritual experience. "Sue Monk Kidd's *The Dance of the Dissident Daughter*, Joan Borysenko, Edwina Gateley, a lot of women helped me to see that we as women really need to reclaim our voices. Claim your gifts, claim your voice. A lot of my 30-day retreat was about claiming my voice and being unapologetic about it." As a delegate to the United Nations Commission on the Status of Women, she shared the experience of women from around the world coming together to make a difference. "I think that is the feminine style—collaborative, storytelling gifts, working together, having to compromise on issues sometimes in order to make it happen." What can the Sacred Feminine say to men? "That we want to work with you. The Sacred Feminine would encourage men to recognize partnership. I've always believed that women have not really had the opportunity to use all their potential. Men suffer from that too. I'm hopeful and thankful that men and women both are more aware of that. It's not simply masculine or feminine; it's way bigger. We make God too small! The next level of human consciousness evolving will be to understand that men and women really need to do this together."

continued on p. 7



BLESSINGS SHARED

At the Network's Contemplative Prayer evening on October 2, Becky King shared blessings by the poet John O'Donohue and invited participants to write personally meaningful blessings. The following are some of that evening's results.

May the Lord bless those whose
path leads into darkness,

Where shadows gather
around, lingering on the edge of
their memories.

May those who share this
journey with them find strength
and courage

To withstand the eventual
loss of recognition from the one
they love.

~Beth Bartley

Your Presence,
Your blessings of the past and
present
My mind knows.
But is my heart, my soul, blind and
deaf?

You're here in the stillness, the.....
The waiting is constant, continuous
With many painful events, many
unknowns.

May Your blessings of mercy,
And Your presence, be seen,
Sensed, heard, known.

May your mercy and love
Be real.
Help my blessed love.
Your presence.... Please.

~Roy Smoot

BARBARA DAVIS *continued from p. 6*

The Spirituality Network board is one place where men and women work together in the Spirit. After finishing Wellstreams, "I was grateful for what they'd given me. I did want to give back. Some board members invited me to participate." She served as chair of the board from 2004 to 2007; currently she is an ex officio board member and chair of the Development Committee. She observes: "When the board and Network shifted from a mentality of scarcity to sufficiency, things started to move. We were able to envision how we could not only survive but thrive. A subtle shift in viewpoint but quite powerful." Where does she see the Network going in the future? "Especially in times of such uncertainty and difficulty, we really need that safe container where we can ask the hard questions. It's a critical part of what the Network offers for people who feel disenfranchised or somehow out of the loop of the church. It's about meaning making, discovering as a community together. The Network and Wellstreams have a very important role in our community and beyond."

At this point in her life, Barb has become a lot busier with directees as more and more people look for companionship. She's trying to balance that with being a companion for her parents, grandchildren, husband, family, and friends, and finding time for creativity. Where she chooses to spend her time is guided by Jean Shinoda Bolen's three questions: "It has to be fun or else you burn out. It has to resonate with my values, and it has to be motivated by love. I'm very thankful for my life. I feel very blessed. Lots of opportunities to learn, discover, grow, a wonderful supportive community, people to share part of the journey. This community is invaluable, precious, really a treasure. I'm very thankful for that."

Who saw me today?
Blessed be the eyes of the
another who can see past my self-
fabricated tapestry
May their vision not be myopic
May their retinas reflect back to me
the beauty I do not always see
May they view me through a lens of
love and grace
May they see in me the beautiful
colors the Divine used in knitting me
together
May my self-imposed exterior walls
not blind them to my true inner
beauty
And
May not the cataract of judgment
cloud their view of the imago dei in
me

~Becky King

May you be able to leave
What you have outgrown.
May the grey promises of sameness
Yield to the full spectrum of Light.
May your inner ear be attuned
To the voice of desire.
Remember that you are the threshold
And let the Light pass through you.

~Sandra Kerka

COMMUNITY EVENTS



ST. THOMAS MORE NEWMAN CENTER
64 W Lane Ave, Columbus, 291-4674.
www.thenewmancenter.net/wcms/
index.php

Key Themes from St. Paul for a Modern Spirituality, January 24, 2009, 9am-12pm. A seminar by Fr. Larry Boadt, CSP, scripture scholar and editor of the Paulist Press. Free and open to the public.

MARTIN DE PORRES CENTER
2330 Airport Dr, Columbus;
614/416-1910; martindepores@
columbusdominicans.org;
www.columbusdominicans.org/mdp

Christmas Concert by Columbus Chamber Singers, directed by Anne Todt, piano accompaniment by Diane Slagle, December 7, 2008, 2-3:30pm, free and open to the public. An afternoon of soothing Christmas music just as the holiday pace starts to quicken.

Everyday Mysticism, Presenter: Father Rod Damico, January 24, 2009, 10am-12:30pm. Suggested donation: \$10. Register by January 20. Often we are not mindful of God's presence because we tend to associate it with "supernatural things" rather than with the gift of life itself. Fr. Damico will lead us in an experience of presentation and conversation that is intended to deepen our awareness of the God who is constantly touching life and nurturing it with compassion and care.

Art Exhibits: "Beyond the Colors," works by Sr. Thoma Swanson, OP, through December 19; "Paper Cuts," by Evelyn Nateman with designs based on Jewish culture and tradition, January 2-29, 2009.

DEBORAH LING, SPIRITUAL DIRECTION
614/507-0656; e-mail deborahling50@
sbcglobal.net, www.deborahling.com,
www.shamanicpractice.org

Women's Sabbath Day. Theme: Mary, the Mother of Jesus, December 5, 9:30am-3:30pm. \$50 includes programming and organic vegetarian lunch.

Annual Champagne and Chocolate Solstice Drumming, December 19. Donation benefits Heifer International.

OHIO DOMINICAN UNIVERSITY CENTER FOR DOMINICAN STUDIES

Colonial Room, Sansbury Hall, 1216 Sunbury Rd, Columbus; 614/251-4722; www.ohiodominican.edu/about/dominicanstudies/events.asp. *Registration is required for all events:* e-mail Sr. Catherine Colby, colbyc@ohiodominican.edu.

Aquinas Convocation—Dominican Values: Alive to the Real and the Possible, January 22, 2009, 10:30am, Matesich Theatre, Erskine Hall. Presenter Chrys McVey, OP, is an American Dominican who has lived most of his life in Pakistan, to which province he belongs. His interest, and most of his writing, is on inter-religious dialogue and its implications of Christian theology and practice.

Dominican Life of the Mind Series

Promoting the Search for Truth via the Internet, February 5, 2009, 7pm, Colonial Room, Sansbury Hall. Presenter Scott Steinkerchner, OP, is a Dominican of the Central Province of the Order of Preachers, a Fulbright Scholar, visiting professor of Interreligious Theology at Aquinas Institute, and Promoter General for the Internet for the Dominican Order.

Catherine of Siena: Emissary of Peace, April 29, 2009, 7pm, Colonial Room, Sansbury Hall. Presenter Mary O'Driscoll, OP, a Cabra, Ireland Dominican, is an authority on the teaching of Catherine of Siena. She teaches at the Angelicum University in Rome and is also an invited lecturer at school and seminaries in the United States and abroad.

Truth Seekers Reflection Series: Small group luncheons offer time to reflect on how the Dominican charism can help us achieve a greater sense of call in our work, wherever we may serve. Colonial Room, Sansbury Hall, 12-1:30pm.

Dominican in Africa: A Collaborative Experience, February 11, 2009.

Presenters: Sr. Roberta Miller, OP, PhD, associate professor of Sociology; Sr. Bettina Mollica, OP, adjunct professor; and Dr. Imali J. Abala, associate professor of English at Ohio Dominican University.

Catherine of Siena and Her Circle of Dominican Lay Women: Practical Mystics, March 5, 2009. Presenter: Dr. Ann Hall, Dominican Associate and professor of English, Ohio Dominican University.

Dominican Conversation Circles: These "dinner and dialogue" sessions provide a forum on issues of importance to the Church, culture, and society.

Politics, Spirituality and the Common Good, March 27, 2009, 6-7:30pm, Colonial Room, Sansbury Hall. Presenter Barbara E. Wall, PhD, serves as special assistant to the President for Mission at Villanova University. She is co-editor of the *Journal of Catholic Social Thought* and the *Journal for Peace and Justice Studies*.

C. G. 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, free, donations appreciated. Not December 13; see below.

Self in Society: Integrating Individual and Group Identity. Presenter: Richard J. Sweeney, PhD, Jungian Analyst. December 13, 2008, 9:30am-12:30pm, First Community Church, 1320 Cambridge Blvd. Members \$40-\$45; nonmembers \$50-\$55 (reduced fee by Dec. 6). This program will address



ONGOING GROUPS

a question central to C.G. Jung's theory of individuation: How can one become an autonomous individual and participate authentically in various social groups? We will explore both how the soul shapes culture and how culture shapes the soul.

The Language of the Soul: Dreams, Body Sensations, & Symptoms, Presenter: Karen Herrmann, LPCC, Jungian Analyst, Wellstreams graduate. February 21, 2009, 9:30am-12:30pm, First Community Church, 1320 Cambridge Blvd., members \$35-\$40; nonmembers \$45-\$50 (reduced fee by Feb. 14). This seminar will explore ways to foster a dialogue with the unconscious through creative expression. Through writing or expressive art, participants will draw on their own dream material or body awareness to facilitate the dialogue with the unconscious. Some art supplies will be provided or bring any you might want to use.

Friday Evening Film Series on Jung, 4th Fridays, January, February, March 2009. Please check our website as more information becomes available.

FIRST COMMUNITY CHURCH

North Campus, 3777 Dublin Rd, South Campus, 1320 Cambridge Blvd, 614/488-0681 ext 226, mhett@fcchurch.com, www.fcchurch.com

Winter Spiritual Searcher Event, February 6-7, 2009, First Community Church, North Campus. Enjoy a warm and embracing weekend with Terry Hershey, noted author, minister, gardener, dancer, and teacher of being intoxicated with this world while embracing the sacred present.

ST. FRANCIS SPIRITUALITY CENTER

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

Slowing the Pace to Experience the Gift of Advent, December 3, 2008.

Presenter: Martie Aiello. An evening of reflection and remembrance, taking the time out of the hustle and bustle society throws us into, to focus on preparing our spirits to celebrate the Birth of Christ.

Experiences in Prayer and Meditation: Taize Prayer, December 4, 11, 18, 7:30-8:30pm. Presenter: Sr. Jane Frances Omlor.

Roses in Winter Retreat, February 19, 2009; *Pottery Retreat*, February 20-21, 2009. Check website for details.

SPIRITSONG WORKSHOPS™

Megan Cameron, 740/591-8626, info@spiritsongworkshops.com, www.spiritsongworkshops.com

Women in Community Series; Coming Together in Spirit. Presenter: Megan Cameron, MEd, LPC, CRC. Spring Hollow Lodge, West Main St, Westerville, 1-4pm. \$40 each; \$90 for all three, in advance. Register at info@spiritsongworkshops.com. *January 17, 2009: Alchemy and Creating the Life You Desire*—Use your creative spirit to manifest your dreams. *March 7, 2009: Life Balance*—Exploring the meaning for you and how to get there. *May 3, 2009: Exploring the Labyrinth and the Journey Within*—Tools for transforming, quieting the mind to truly hear, and walking with intention and balance.

SHEPHERD'S CORNER

987 N Waggoner Rd, Blacklick, 614/866-4302, e-mail: shepcorner@columbusmail.com, www.shepherdscorner.org/index.htm

Approaching Winter in the Labyrinth, December 13, 2008, 3-4:30pm. Facilitated by Dale Sparlin of Mindful Labyrinths. Suggested donation: \$5. Register by December 10. Walk the labyrinth into your own season of hibernation.

CENTERING PRAYER

Led by Fr. Vinny McKiernan, CSP, at the Newman Center, 64 W Lane Ave, Columbus, Mondays 7-7:45pm and Tuesdays 12:15-1pm. 291-4674; e-mail: vinnycsp@yahoo.com

TURNING LEAVES AND TEA LEAVES

Second Wednesday of the month, 2-3:30pm. A monthly book club facilitated by Marialein Anzenberger, OP, and Colleen Gallagher, OP. Martin de Porres Center, 2330 Airport Dr, Columbus; 416-1910; martindeporres@columbusdominicans.org; www.columbusdominicans.org/mdp

BLUE HERON SANGHA

Martin de Porres Center, 2330 Airport Dr, Columbus, Tuesdays, 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.

INTERNATIONAL WOMEN'S WRITING GUILD

A network for the personal and professional empowerment of women through writing. Monthly meetings, free and open to all, at Columbus Public Library, 96 S Grant Ave, usually 3rd Fl. Board Room (microwave available). *January 17, 10am-12pm*: You may bring work you'd like to have critiqued or a writing prompt to share. Contact Jeanne Marlowe at JAMarlowe@juno.com, 614/476-8802.

SPIRITUAL SHARING GROUP

First Wednesday of each month, 12-1pm, Columbus Metropolitan Library, 96 S Grant Ave, conference room 1. Contact Jeanne Marlowe, 614/476-8802; JAMarlowe@juno.com.

INTERFAITH ASSOCIATION OF CENTRAL OHIO

An organization representing eight major faith traditions—Baha'i, Buddhist, Christian, Hindu, Islam, Jain, Jewish, and Sikh—holds meetings in various locations; see www.iaco.org.

FOR YOUR CHRISTMAS LIST

Books are always a welcome gift at holiday time and anytime. We are pleased to recommend the following books, written by friends of The Spirituality Network, for your gift list.

...and don't forget to order your books, music, or gifts by visiting the Spirituality Network website www.spiritualitynetwork.org and connecting to Amazon.com through our link. The Spirituality Network will receive a donation of a portion of your purchase price.

A WEEK TO PRAY ABOUT IT by Judy Johnson (Cowley Publications, 2006)

This inspirational book features 52 reflections—one for each week of the year—and is an excellent resource for individual meditation or small group faith sharing. Exploring themes of daily life through imagery found in scripture, nature, music, and the arts, the author invites us into her experience and helps us reflect more deeply on our own.

Judy Johnson has offered workshops for The Spirituality Network on lectio divina, writing as prayer, and exploring biblical imagery through the written word. She is a freelance writer and editor living in Yellow Springs, Ohio and a regular contributor to our newsletter.

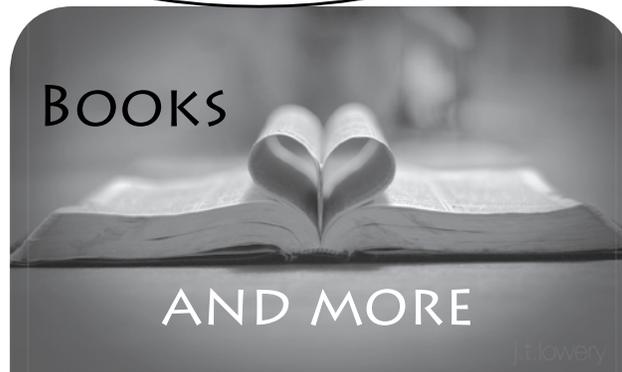
WITH SACRED THREADS: QUILTING AND THE SPIRITUAL LIFE by Susan Towner-Larsen and Barbara Brewer Davis (Pilgrim Press, 2000)

A visually beautiful book with equally beautiful reflections, *With Sacred Threads* is a delightful book for anyone (quilters and nonquilters alike) exploring the connections between creativity and spirituality. Combining photographs of quilts from around the world with deeply moving reflections and prayers, the authors help the reader explore spiritual themes such as forgiveness, healing, and joy.

Barbara Brewer Davis is a spiritual director, quilt artist, writer, philanthropist, and grandmother. Barb is a past chair of the The Spirituality Network Board of Trustees and a graduate of The Wellstreams Program. Susan Towner-Larsen is a pastor for the United Church of Christ, spiritual director, quilt artist, and graduate of The Wellstreams Program.

THE EMPTINESS OF OUR HANDS: A LENT LIVED ON THE STREETS by Phyllis Cole-Dai and James Murray (Authorhouse, 2004). Available at www.phylliscoledai.com with a portion of the proceeds donated to the Columbus Coalition for the Homeless and Homeless Families Foundation.

During the season of Lent, February 17-April 4, 1999, the authors lived voluntarily on the streets of Columbus,



Ohio. Their purpose was to be as present as possible to everyone they met; in other words, to love their neighbor as themselves. They discovered just how difficult the practice of compassion can be. James' black and white photographs accompany Phyllis' meditative narrative.

Most of the photographs were shot using crude pinhole cameras (constructed from trash); they offer an eerie, impressionistic view of the streets.

A former Columbus resident, Phyllis Cole-Dai now lives in Brookings, South Dakota, with her husband and son. She continues to write as well as compose beautiful music (also available at her website). All of her work originates from her deep well of compassion and passion for human dignity.

DRAWN TO THE LIVING WATER by Wayne Rapp, Rick Hatem, and Anne Rapp (Spirituality Network, 2008)

Readers continue to send us positive comments about this book describing the first 20 years of the Spirituality Network. Here are a couple:

"Drawn to the Living Water was like coming home to old friends and stories that warmed my heart and soothed a tired old soul." ~ Mary Jo George

"I think it is a valuable document that may have applications to others who may be considering something similar. The fact that the network's home building was lost because of finances, and the network continues to function makes it more convincing to me — with the focus on people and service." ~Steve Kraynak

With the Christmas season quickly approaching, a copy of *Drawn to the Living Water* would make an ideal gift for friends and family. You can order it now for only \$15. Books can be purchased at the Network office. If mailed, a handling fee will be added to the price. Call 614/228-8867 or e-mail spiritnetwk@hotmail.com.



SIXTH SEMESTER OPTIONAL CLASSES

Open to all Spiritual Directors and those in the helping professions
Sponsored by the Wellstreams Training Program
All classes held In the Martin de Porres Center

THREE-WEEK SESSION ON NONVIOLENT COMMUNICATION

February 4, 2009 (room 7), February 11 (room 7), February 18 (room 1), 7-9:15pm; fees: \$30 plus books (\$28)

Facilitator: Katherine Murphy-Mertzlufft, Spiritual Director, Life Coach and student of Nonviolent Communication

This experiential training course will introduce participants to Marshall Rosenberg's model of Nonviolent Communication. Each class will build on the experience of the previous session and will provide opportunities to explore the connection between the language of compassion and spirituality. The focus will be on practical application as a way to deepen the development of a compassionate consciousness.

TWO-WEEK SESSION ON ALTERNATIVE HEALING

February 25 (room 7), 7-9:15pm; fee: \$15

An Introduction to Praying Our Chakras: Body Prayer led by Barbara Davis, spiritual director

Our bodies are made of and surrounded by energy fields, called "Chakras." This session will include an overview and exercise to connect with the charkas. We will conclude with a prayer practice incorporating each of the energy centers within our bodies.

An Introduction to Wholly Healing (Qigong/Chi Gung) led by Dan Schleppe, spiritual director and student of Qigong

Qigong helps reduce stress and its effects on physical health. Combining breathing techniques with gentle movement and meditation, this ancient system of healing and energy medicine can help balance, cleanse, and strengthen the life force within. It is becoming increasingly more common in Western healing practices.

March 4 (room 1), 7-9:15pm; fee: \$15

An Introduction to Reiki: Healing Energy led by Myra Stull, Reiki practitioner

This healing art helps express compassion and relieve suffering. This session will provide a brief history of Reiki as well as an opportunity to experience this healing energy work. Reiki is generally experienced as soothing, penetrating warmth. It involves a gentle, noninvasive, nomanipulative touch, which the client receives, fully clothed.

An Introduction to the Gentle Way of Healing Prayer led by Jan Anible
Jan is a Wellstreams participant and part of a healing ministry in a Congregational Church in Dayton for the past 14 years. For 12 of those years she has regularly taught a 5-month healing prayer course and studies this subject in depth. Jan will present an overview of healing prayer using passages from the Bible and personal experience. She will also explore the way many of the gifts of the Holy Spirit work together holistically for healing.



TWO WEEK PRESENTATION AND PRACTICE OF GROUP SPIRITUAL DIRECTION

March 11 (room 7), March 18 (room 1), 7-9:15pm; fee: \$20

Facilitated by Nan Weir, Shalem graduate, group facilitator, and retreat director

Group spiritual direction is a process in which people gather together on a regular basis to assist one another in an ongoing awareness of God in all of life. The process best happens in a group of four/five people, all of whom are seeking spiritual direction and are willing to enter into a process where spiritual direction can happen for themselves and the others in the group.

March 25 (room 7) ; Fee: \$15 Time: 7-9:15pm

Retreat Planning facilitated by Janice Bachman, O.P., spiritual director, retreat Director, and Jungian Analyst

This evening will look at Retreat Ministry and see how it is related to spiritual direction. It will also look at how to put together a retreat, both day and directed retreats.

TWO-WEEK SESSION ON MASCULINE SPIRITUALITY

April 22 (room 7), April 29 (room 1), 7-9:15pm ; fee: \$25

Reclaiming the Masculine in Spiritual Direction facilitated by Rev. Karl Ruttan, Episcopal priest, spiritual director and leader of retreats and workshops on spiritual formation and wellness.

Positive male images have often been lost or denigrated as many reaffirm feminine imagery. These two evenings will explore masculine images as they impede or facilitate spiritual formation. The workshop will draw on the work of Richard Rohr, Robert Moore, and Carl Jung

OTHER RECOMMENDED OFFERINGS THROUGH THE MARTIN DE PORRES CENTER:

The Power of Forgiveness facilitated by Fr. Ron Atwood, Thursday, February 19, 7-9pm, \$10

Embracing the Religious Meaning of Dreams by Janice Bachman, O.P., Saturday, March 14, 10am-3:30pm, \$15 includes lunch.

Where is God? Who is God? Making Sense of Suffering by Patricia Walter, O.P., Friday March 20, 7-9pm. Buffet supper begins at 6pm. \$10 for program and \$5 for buffet.

See Martin de Porres brochure for further descriptions.

To receive updates on Network and community events via e-mail, go to spiritualitynetwork.org and click on "Join our Google Group" box in the lower right corner.

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

New Computers Please. We are currently using two machines that are 8 years old, running Windows 98, which is no longer supported by Microsoft, and two others that over 4 years old.

A tabletop copier that can handle relatively large numbers of copies

Paper for computer printer and copier

First-class postage stamps

Postcard postage stamps

Gift cards to Office Max or other office supply stores

Hospitality supplies: coffee, tea, decaf, cups, napkins, etc.