

Winter 2015-16 Newsletter

SPIRITUALITY NETWORK

ASSISTING THOSE WHO THRIVE FOR SPIRITUAL GROWTH

Creating Hope: 16th Annual Arti Gras! Celebration of Art and Spirit

Art is the highest form of hope. ~ Gerhard Richter

Registration will be open on our website by January 4, 2016: spiritualitynetwork.org/artigras.html

Engaging in creative practices can open up your capacity for greater hope by providing avenues to new perspectives, deeper understanding, and greater compassion. Creativity is God's expression in and through us. What better way to deepen your life than through art making as a spiritual practice? Come and explore your inherent gift of creativity at the 16th Annual Arti Gras! Celebration of Art and Spirit. This event provides a safe, judgment-free space to explore creativity and spirituality as we focus on the creative process rather than the finished product.

We will explore the creative elements of the life journey, featuring mini-workshops including:

- Soul Collage
- Prayer Beads
- Simple Sculpting
- Written Word and Poetry
- Paint and Mixed Media
- Origami
- Art of Play and Playful Drama

This is a grassroots, hands-on experience open to all. Preregistration is required. \$40 prepaid, \$55 at the door, includes all materials, lunch, and two raffle tickets. *Groups of 6 or more receive reduced rate. Please call 614/228-8867 for details.*

If you are interested in volunteering for this event, contact Amanda Cushing at the Spirituality Network, 614/228-8867.

What hope will be
created in you?

Arti Gras
2016

February 6, 9am-4pm

Trinity Lutheran Seminary
2199 E. Main St

Patricia J. Gibboney
Executive Director
pjgibbo@aol.com

Carol Ann Spencer, OP
Wellstreams Coordinator
carol.spencer1@juno.com
wellstreamscolumbus.org

Amanda Stone Cushing
Program Coordinator
ascushing4@gmail.com

Sandra Kerka
Newsletter Editor/
Bookkeeper
blueiris7000@gmail.com

SPIRITUALITY NETWORK
444 E Broad St
Columbus OH 43215
Phone 614.228.8867
Fax 614.228.8975

spiritnetwk@hotmail.com
spiritualitynetwork.org

Twitter: www.twitter.com/spiritnetwk

Facebook: www.facebook.com/spirituality.network

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

PREREGISTRATION IS REQUIRED. SPACE IS LIMITED. Register online at spiritualitynetwork.org/calendar.html; or send name, phone, e-mail, and name of program to Spirituality Network, ATTN: PROGRAMS, 444 E Broad St, Columbus, OH 43215; call 614/228-8867; or e-mail spiritnetwk@hotmail.com. Registration fee may be paid by cash, check, or credit card.

Scholarships available for all programs. Please call to inquire.

REACH: Suicide Prevention Program

Saturday, February 20, 2016, 9:30am-12:30pm
at The Spirituality Network, 444 E Broad St, Columbus
Facilitated by Dr. Ana Berrios-Allison, PhD, LPC
PREREGISTRATION is REQUIRED. Fee: \$30 includes all materials and certificate

Knowing the signs of suicide is important in helping someone who may be at risk. By offering your understanding, reassurance, and support, you can help a human being seek the help he or she needs. REACH is an Ohio State University training program designed to help save a life from suicide.

This training session will provide the necessary knowledge and skills to recognize the risks and warning signs and learn how to intervene. Emphasis on diverse populations will be provided. Participants will receive a REACH certificate via e-mail after completion of the program.

Dr. Berrios-Allison is a graduate of The Wellstreams Program in Spiritual Direction and has been with Ohio State's Counseling and Support Services for over 10 years. She received her PhD and master's in counselor education from Ohio State and her bachelor's degree from Pontificia Universidad Catolica del Peru. She also is an adjunct faculty member in the Counselor Education department at Ohio State.

Double the Impact of Your Holiday Shopping

Your holiday gift giving can have twice the impact when you support the Spirituality Network through your purchases. Here are three ways:

- Exquisite Limited Edition Books and Cards: For every purchase made at the Stonework Design Christmas Shop now through December 31, 2015, 10% will be donated to the Spirituality Network. Stonework Design Studio on Etsy: https://www.etsy.com/shop/StoneworkEditions?section_id=17951584&ref=shopsection_leftnav_3
- Use our Amazon link to search for your purchases. A percentage of your purchase will be donated to the Network. Go to www.spiritualitynetwork.org/amazon.html
- Select the Spirituality Network as your designated charitable organization at <https://smile.amazon.com>. Then bookmark the AmazonSmile page and use it for all of your Amazon purchases. Any purchase qualifies for the donation.

The Network's *Blessing upon Blessing* and *Silver Linings* books make excellent gifts. Order online at <http://spiritualitynetwork.org/publications.html>.

Wellstreams



an ecumenical training program
in spiritual formation and development

wellstreamscolumbus.org/

- The 11th class of Wellstreams will begin in August 2016. Registration is now open for that class. Please see our web page (www.wellstreamscolumbus.org) for more details and the application materials.

Spring/Summer Programs:

- May 7, 2016: *Awaken the Dreamer (Eco-Spirituality and the New Cosmology)* with Diane Kozlowski, OP
- August 1-7, 2016: *Wellstreams Directed Retreat and Practicum*. Spiritual directors who want to do the retreat practicum, please mark your calendars. It is also not too early to plan for a Directed Retreat Experience next summer at the same time. Both will be held at Our Lady of the Pines, Fremont, Ohio.

See the Spring newsletter for more details on these programs.

Wellstreams Workshops

Open to all spiritual directors and those in the helping professions. All classes will be held at the Martin de Porres Center, 2330 Airport Dr., Columbus. Please preregister (deadline one week before the class date) by calling 614/228-8867 or online: <http://wellstreamscolumbus.org/> (click on the Professional Growth tab).

The Power of Forgiveness: A Lenten Retreat

February 27, 2016, 9:10am-3:30pm, \$60 prepaid by February 19; \$70 after. Lunch on your own (brown bag or nearby restaurant). PREREGISTRATION IS REQUIRED. (Please note that this is a change of date from what was previously announced.)

Lent is a season that invites us to pause and to ask God to “take away our stony hearts and give us hearts of flesh instead.” (Ezek. 36:26)

Forgiveness is a gradual realization that I cannot control another.

Forgiveness is a process of healing that takes time and goes through many stages. We all hurt as we journey through life. Sometimes we are able to let go of the hurts, no matter how severe and at other times we hold on to them and let them blot out the joy and beauty of other life experiences. To continue carrying hurts is to choose to continue to hurt. In the long term, the one I harm most by not forgiving is myself. To hold on to a hurt or grudge saps my psychological and spiritual energy, paving the way for negativity, cynicism, passive aggressiveness, and spiritual boredom.

We need God’s help in the process of forgiveness. This important topic of healing and forgiveness will be explored in a retreat format that includes prayer, input, reflection, and dialogue.

Sister Carol Ann Spencer, OP, is a Dominican Sister of Peace. She is a teacher, retreat leader, spiritual director, and the Coordinator of the Wellstreams Training Program for Spiritual Direction. Sister Carol Ann holds degrees in theology and pastoral ministry and a Certificate in Spirituality from the Institute for Spiritual Leadership in Chicago.



SPIRITUALITY NETWORK
BOARD OF DIRECTORS

Rev. Mark Diemer, Chair
Grace of God Lutheran Church

Sara Ward, Vice Chair
Ohio Interfaith Power & Light

Roy Smoot, Treasurer
PNC Bank

Elizabeth Bartley
Spiritual Director

David Holt

Judy Ketterer

Wayne Rapp
Rapp Productions

Joan Supel, OP
Dominican Sisters of Peace

Jenny Young
Nationwide Insurance

Spiritual Director to the Board
Rev. Dr. Brenda Buckwell
Adjunct, Ashland Seminary

Ex-officio

Joe Fowler
Past Chair
Spiritual Director

Ruthmary Mangan
Recording Secretary

Marjorie McFadden
Women to Women

From the Executive Director

by Patricia J. Gibboney, CFRE

As many of you may know, I am winding down my time as the Executive Director of the Spirituality Network. At the end of November, I will be among those who consider themselves “retired” but still excited about the opportunities life has to offer. It is time for me to spend more time with my 10 grandkids before they get too old to want to hang out with Grandma!

I want to thank everyone for the remarkable opportunity that I have had working with you, while supporting the mission of the Network. My work with the organization, during these past 10 years, has been a wonderful capstone to my 40-year career as a nonprofit administrator. I have been afforded the opportunity to add many new dimensions to my experience while offering my gifts on behalf of a growing organization. It is not how much we are able to give that matters but that we are able to share resources with those that we feel most connected.

My admiration for staff and the volunteers of the Network cannot be overstated. I have witnessed the immense dedication and support that each individual offers on a daily basis. I am most grateful for the unconditional love and support that each member of the Board of Directors has provided me during these past 10 years. I will always be proud of what we have been able to accomplish together.

Thank you for the opportunity for letting me help you offer the resources that have spiritually enriched and transformed the lives of hundreds of individuals. I will continue to watch, with passion and prayer, as the Spirituality Network continues to be a valuable resource to our community.



Artwork & Photo Credits:
p. 1, top, José A. Warletta,
stock.xchn
p. 1, Grace de Jesus-Sievert/Isis
International-Manila
p. 3, Melvi Gelacio/Isis
International-Manila
pp. 5, 6, Sandra Kerka

Celebrating 25 Years of Living Faith Awards



In 1992 the Metropolitan Area Church Council held the first annual Living Faith Awards Breakfast honoring individuals who exemplified their faith through service and compassion. The event has grown from a Christian focus to now including award nominations from all faith traditions. In 2013, the Spirituality Network was invited to take leadership of the event. We are pleased to continue the tradition of honoring individuals who create a more hopeful, peaceful, and faithful world.

CALL FOR NOMINATIONS (deadline: January 15, 2016)

Nomination guidelines and forms are available now on our website: spiritualitynetwork.org/livingfaith.html

We know that there are countless expressions of faith in action in our world. Nominees for the Living Faith Award will be those laypersons who exemplify dynamic faith in their lives. As you consider who in your community would make a good candidate for this award, we encourage you to look for one whose faith is both “lived” and “alive” in ways that inspire, challenge, and serve.

Consider those who embody any or all of the following values:

- Peacemaking ... In their own homes, their life work and/or in the community
- Tending to the “least of these” ... Visiting the sick or imprisoned, feeding the hungry, giving shelter to the homeless
- Caring for creation ... Creating sustainability and good stewardship of God’s creation
- Loving neighbor AND self ... Reaching across divisions in our culture and community to honor common ground; caring for oneself in addition to caring for others



In addition to the Living Faith Awards, we are accepting nominations for these three special categories:

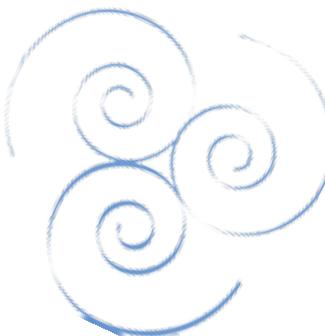
The Alvin R. Hadley Social Justice Award: This award will be given in recognition of exemplary work in the field of social justice. These nominees will have engaged in efforts to give voice to the voiceless, and/or seeking access to basic civil and human rights for all, and/or working toward changing unjust laws and practice.

The Interfaith/Multicultural Award: This award will recognize an individual who exemplifies the best of their faith tradition and strives to create bridges of understanding and acceptance across traditions.

The Hope for Tomorrow Award: This award will be given to a young adult, aged 18-30, who lives his or her faith through service, leadership, and personal integrity.

Join us as we honor the 2016 Living Faith Awardees on May 26, 2016
at the Jewish Community Center, 1125 College Ave, Columbus.





Women to Women



Warm Fall Greetings from the Women to Women Listening Ministry!

The Women to Women Homecoming: Celebrating 25 Years, Embracing the Past, Present, and Future was held on November 20. We were pleased to welcome Edwina Gateley as our special guest and keynote speaker. Many smiling faces were noticed as women renewed acquaintances, met others for the first time, relived special memories, and heard tributes to founding members for their vision and selfless acts that have carried W2W forward for 25 years. W2W members are grateful for the time, energy, and hard work of the many volunteers who made the evening such a success. A special thank you and blessings go to Linda Bryant for envisioning and chairing this event.

W2W is pleased to bring two new members to our Collaborative circle: Marjorie McFadden is the new liaison to the Spirituality Network Board; Heather Kammiller will oversee transportation.

During the fall, Mary Ellen George, Linda Bryant, Carol Bensing, and Sally Luken collaborated to write a new Shalom Grant for 2015-16. The goals outlined in the grant are:

- increasing the number of marginalized women served at existing sites by encouraging current participants to invite women to gatherings and by promoting community awareness of programs via published literature and through contacts with churches and nonprofit organizations who serve the marginalized
- increasing the number of companions who serve at existing sites by activating companions who have been trained but who have not yet participated at a site
- starting one or more new sites based on results of a needs assessment survey conducted by a consultant who specializes in helping nonprofits grow
- making transportation available by contracting with companies that provide transportation services
- continuing to develop programs that empower and enrich participants by offering retreats and workshops for personal development

You can help us spread the good news about this ministry by letting prospective companions or women who might benefit from a listening circle know about this ministry. We have a dedicated phone number for information about Women to Women: 614/330-0985. Please share.

We sincerely hope each of you enjoy a blessed Thanksgiving and the peace and love of the Christmas season.

Submitted by Linda Williams

Holy Dog/God

Big dog Holy dog, I know
your belly is fat with sweet Green grass
and pure White light Love.

The heart and soul of you between your Tawny
perceiving receiving ears
is an ocean of wisdom
swimming up and out
to greet my Grey muddled Me
in the sacred Blue
Now.

Beckie Boger, 2014

(Note: Native Americans called their horses
Big Dogs and Holy Dogs)

Write for the Newsletter

We invite you to submit
book or music reviews,
reflections, and poetry
for consideration. Contact
Sandra Kerka, newsletter
editor, [blueiris7000@
gmail.com](mailto:blueiris7000@gmail.com)

Ongoing Groups

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. 614/291-4674; e-mail: vinnycsp@yahoo.com.

INTERNATIONAL WOMEN'S WRITING GUILD

A network for the personal and professional empowerment of women through writing. Meetings free and open to all, for writing, reading, and gentle critiquing in a safe, supportive environment. **Men are welcome!** Contact Jeanne Marlowe at jamarlowe@juno.com, 614/476-8802 for free e-newsletter with additional dates.

January 2, February 6, 10am-12:30pm, Karl Road Library, 5590 Karl Rd.

INTERFAITH ASSOCIATION OF CENTRAL OHIO SPIRITUAL SHARING GROUP

Contact Jeanne Marlowe, 614/476-8802; jamarlowe@juno.com. IACO represents nine major faith traditions—Baha'i, Buddhist, Christian, Hindu, Islam, Jain, Jewish, Sikh, and Unitarian Universalism; www.iaco.org.

TURNING LEAVES AND TEA LEAVES

Second Wednesdays, 2-3:15pm. Monthly book club facilitated by Marialein Anzenberger, OP, and Colleen Gallagher, OP. Martin de Porres Center, 2330 Airport Dr, Columbus; 614/416-1910; martindeporres@oppeace.org; www.martindeporrescenter.net.

BLUE HERON SANGHA

Tuesdays, 7:15-8:45pm. Martin de Porres Center, 2330 Airport Dr, Columbus. A mindfulness community in the tradition of Thich Nhat Hanh. Contact Sandy at scoen@columbus.rr.com.

THOMAS MERTON STUDY GROUP

Third Mondays, 6-8pm. Vespers in Motherhouse chapel, 2320 Airport Dr, and discussion of Merton readings, led by Merton scholar David Belcastro, PhD. Hosted by Martin de Porres Center, 614/416-1910.

C. G. JUNG ASSOCIATION OF CENTRAL OHIO

Jung Haus, 59 W Third Ave; 614/291-8050, JungACO@JungCentralOhio.org, www.JungCentralOhio.org. Call or e-mail for information and/or to register for these programs.

Bollingen Lecturer, J. Pittman McGehee: A Healthy Worldview for the 21st Century. Lecture: January 8, 2016, 7-9pm; Workshop: January 9, 2016, 9am-1:15pm, First Community Church South Campus, 1320 Cambridge Blvd.

Dream Workshop, Facilitator: Janice Bachman, OP. March 4, 7-9pm & March 5, 9am-4pm. BYO lunch. Jung Haus. Program limited to 14 participants who will participate in both the Friday and Saturday sessions. We will discuss classical elements of Jungian dream work and situate this content within the larger arena of spiritual growth.

COMPASSIONATE COMMUNICATION CENTER OF OHIO

2350 Indianola Ave, Columbus, OH 43202; 614/558-1141; info@speakingpeace.org; speakingpeace.org

Embodied Practice of Living Compassion, a 6-week class, January 17-February 21, 2016: 3pm-5pm. Facilitator: Janine Harris Degitz. \$110 through Dec. 27, \$135 after. www.speakingpeace.org/jan17livingcompassionclass/

Speak Peace in Difficult Conversations: When Communication Really Matters, January 23, 2016, 9am-4:30pm. Facilitator: NVC Certified trainer, Susanna Warren. \$95 through Jan. 2, \$110 after. Lunch included. To register: www.speakingpeace.org/jan23conference/

Speaking and Listening from the Heart, a 6-week class, February 7-March 13, 4pm-6pm. Facilitators: Pat De Silva & Kris Keller. \$110 through Jan. 17, \$135 after.



444 E Broad St
Columbus OH 43215
spiritnetwk@hotmail.com
spiritualitynetwork.org

The Spirituality Network is an ecumenical outreach addressing the “thirst for the God of Life.” Founded by Christians, the Network aspires to be a community of acceptance and inclusion. We seek to create hope, peace, and purpose in our community.

We Believe:

- That God’s love is unconditional
- That each person is drawn into relationship with God through the circumstances of human experience
- That a healthy, ongoing relationship with God, self, and all of creation moves one to respond authentically to the needs of others
- That a contemplative life stance must be rooted in prayer, nonviolence, and a radical passion for truth

To receive updates on Network and community events via e-mail, go to spiritualitynetwork.org and click on “Join E-mail List” on the lower right side of the page. Click on “Apply for group membership” on right side of the google group page. Click on red signup button and follow prompts using gmail or any e-mail address.

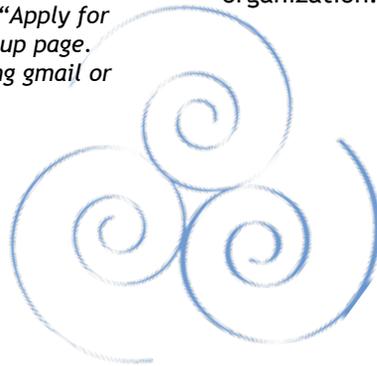
We Provide:

- Education and formation through the Wellstreams Program
- Spiritual direction referrals for groups and individuals
- Retreat planning and facilitation
- Programs to foster the spiritual life, including continuing education and professional enrichment for those in caring ministries
- Outreach to the underserved in society, through programs, scholarships, and other enrichment opportunities

We Serve:

- Both those with and without formal faith affiliations
- Both those with and without ability to pay.

The Spirituality Network, Inc. is a nonprofit 501(c)3 organization.



Support the Mission of The Spirituality Network:

DONATE ONLINE NOW

Or mail your tax-deductible gift to The Spirituality Network, 444 East Broad Street, Columbus, Ohio 43215.

Thank you!