

Listening

Journaling – With guidance and a little instruction, learn the power of journaling as a way to gain insight about the inner you and how that connects you to Spirit.

Taize Worship – This is a contemplative experience that invites you into the quiet presence of the holy through quiet singing, prayer, readings, etc.

Labyrinth – The practice of walking the Labyrinth is an ancient spiritual practice that invites your own spirit to find grounding and insight by following the path into the center and back out again.

Walking Club – Join others who use walking as a way to clear their minds, strengthen their hearts and tune their ability to listen to the voice within.

Photography Class – While you learn new photography techniques and enjoy photographic outings, explore the ways in which capturing photographs teaches you about your own life.

Silent Retreat – We live in a world that is full of noise and clamor and busyness that keeps us from attending to the insights that come in the silence. Are you afraid to be silent? Do you have doubts about your ability to sit quietly with yourself? Silence is a deep spiritual practice that will bring great insight and spiritual rest.

Yoga Class – While Yoga provides great physical exercise, it also serves to teach us how to be mindful . . . how to be present to what each moment can teach us . . . how to listen to our bodies speak.

Breath Prayer – The very essence of life is breath. This experience will allow you to explore the power of our breath and its relationship to our communication with Spirit.

Meditation Class – Learn how to use meditation to quiet your mind and center you yourself. Meditation is an ancient spiritual practice that assists us in listening to ourselves and to God.