

Newsletter

Fall 2023



Harvest

Hello from the Mennonite Spiritual Directors Network of Eastern Canada (MSDEC). As this summer comes to an end I hope that you have been filled with good things that have nurtured your body, mind and spirit. Some things we work so hard to bring to fruition. Some, like this wild apple I found along the trail, are available for us to enjoy, without any effort on our part. What is maturing and coming to fruition from your good work? What fruitful gifts have you received freely and generously from God's hands?

May this fall season bring you good energy for your work, and appreciation for the harvests you enjoy. Keep reading to find several offerings from MSDEC members that you might want to consider this fall.

Janet Bauman
Communications Coordinator



Mennonite Spiritual Directors of Eastern Canada (MSDEC)

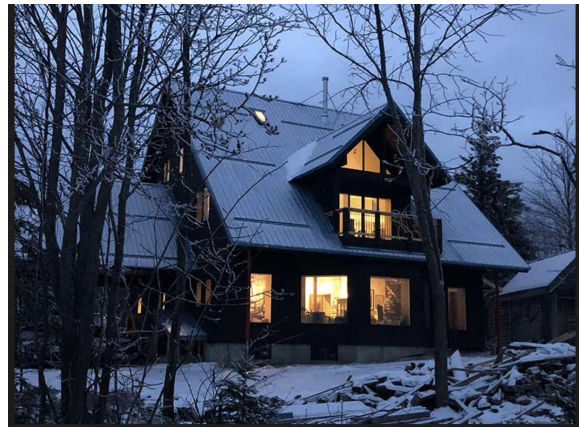
is a network of approximately 30 spiritual directors in Ontario, offering individual and small group spiritual direction, contemplative retreats, prayer guides, and resourcing for congregations. Click on this link to explore MSDEC's [online directory](#). MSDEC is a partner organization of [Mennonite Church Eastern Canada](#).

Events and Offerings

Rise Above Guest House

Click on the link provided here to check out a number of retreat ideas offered by MSDEC member **Marilyn Zehr**, at <https://riseaboveguesthouse.ca/retreats/>

Learn more about the beautiful setting, accommodation options and retreats and workshops that might interest you. Come, sit a while. Find a place of healing in connection with the land.



Solo Retreats

Seeking solitude? Need a reset for your spiritual journey? Need an inspiring and peaceful location for your next writing project? Consider a solo/silent retreat at **Rise Above Guest House** in beautiful Hastings Highlands 20 min. northeast of Bancroft, Ontario.

Accommodations vary from a mobility accessible self-catering suite with private entrance to a walk-in glamping site. Schedule Spiritual Direction or a Guided Forest Bathing session with Marilyn or a Shiatsu massage with Svinda to enhance your time at the Guest House. Check out our website <https://riseaboveguesthouse.ca/> or Inquire at <https://riseaboveguesthouse.ca/contact/>

Dreams Can Deepen Our Spirituality

Sept 19, 2023 from 7:00 to 8:30 p.m. EDT, On Zoom

This fall Dreamwork Canada is offering an opportunity for interested persons to meet in small groups to discover together the wisdom of dreams. As the registrar, MSDEC member, **Miriam Frey** invites you to join this workshop. The cost is \$20, or pay what you can.

Bring your curiosity and a dream (not required to participate). After a brief introduction, participants will meet in groups to explore the meaning of someone's dream. Each group will be led by an experienced facilitator.

To register:

Send your name and email address to dreamworkcanada104@gmail.com so we can forward the Zoom link to you. Then forward your payment by e-transfer to dreamworkcanada104@gmail.com or request an alternative method of payment by emailing the registrar. E-transfers are automatically deposited, no passcode required.

Registration deadline: September 12, 2023.

If you have questions, contact the registrar at dreamworkcanada104@gmail.com

(Painting: *Jacob's Dream*, Nicolas Dipre, c. 1500)



Igniting Souls for Love - Retreat and Concert

with Cathy AJ Hardy and Beth Woelk

September 15 - 17 at Mount Carmel Spiritual Centre, Niagara Falls.

A weekend to inspire and ignite our souls to Love through the ancient text of Psalm 23 as a passageway for rest, receptivity, accompaniment, empowerment and blessing. This retreat will include group sessions, times of reflection in poetry, meditations, stillness and music, times for personal quiet, walking the labyrinth, and more. Come for the weekend, or for a day and/or the concert!

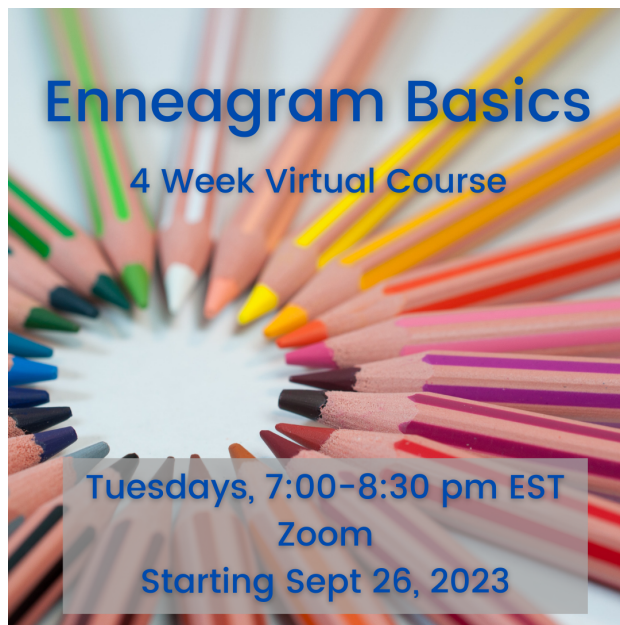
For more information, contact Beth Woelk at 905-327-2642 or visit www.bethwoelk.com

Enneagram Basics: Virtual 4-week Course

Tuesdays, Sept.26-Oct.17, 7-8:30 pm (8:45 pm for bonus conversation time)
Registration Fee (Sliding Scale): \$115/130/145

The Enneagram is a tool for self-awareness that invites us to discover what it means to be more present in each moment. Join the **facilitator, Tamara Shantz**, for this foundational, four session course, which will introduce you to the Enneagram as a tool for spiritual growth and personal transformation. It is designed for both newcomers and those interested in becoming more intentional with their engagement of the Enneagram.

Please contact Tamara to register or with questions: tamarashantz@gmail.com or visit her website: www.tamarashantz.com



Befriending our Desires: Spiritual Formation Group



Facilitator: Tamara Shantz

Friday mornings, 10-11:30 am (Sept.29, Oct.13, 27, Nov.10, 24)

In person, KW location TBD (Virtual Option if enough interest)

Sliding Scale Fee: \$80/100/120

For many of us, we have been taught that to focus on our desires is to be selfish. We have a hard time imagining that thinking about what we want connects with listening for God's will. However, there is a long history of Christian spiritual writers exploring human desire as one form of God's leading in our lives, or even, as the way that the image of God is present within us.

Join Tamara Shantz for a facilitated small group exploring a theology of desire and how befriending our desires can be a liberating part of our spiritual lives. We will meet five times throughout the fall season with some teaching, guided spiritual practices, and group sharing. Suggestions for home practice will also be provided.

Email to register or express your interest at tamarashantz@gmail.com. The time proposed is simply that, a proposal! So if you are interested in the topic but can't meet in person or at that time, please let me know. If there is enough interest, a virtual group is an option, or possibly a different in person time.

Were you sorry to miss the **10th International Conference on Ageing & Spirituality** held in Waterloo this past June? The good news is you can still register to receive the videos captured of all the plenary sessions! Here's a link to the [ICAS#10 Program](#), and a 10 minute musical [slide-show](#) of conference highlights. You can [register](#) here (\$50) to be sent the links to all the presentation videos.

Contact Us

<http://mennospiritualdirectors.weebly.com>
mennospiritdir@gmail.com
