

Mennonite Spiritual Directors of Eastern Canada (MSDEC)

Newsletter



Winter 2023 - 2024

Advent

Hello from the Mennonite Spiritual Directors Network of Eastern Canada (MSDEC). I recently had this quote shared with me by another pastor and friend. May it speak into the season of the year and the season of your heart.



During Advent, we do not beat back the darkness. We acknowledge it. We wait within it. We listen to what it has to say. We do not fight the lengthening nights—but in an act of daring vulnerability we welcome them. We slow down. We reflect. We rest. Because it is here, while all around us is darkling, that we can find the true meaning of light. (Gideon Heugh, Darkling: an Advent journey).

And as we wait with and even welcome the lengthening shadows this Advent, may it be an act of “daring vulnerability,” trusting that in the slowing down, the waiting and the rest, we will know the blessings of the darkness, and the promise of new light.

May God bless this Advent and Christmas season.

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](#).

Sacred Journey Retreat Day

with Beth Woelk

Saturday, January 6th, 2024 - 9:30-3:30 at

the beautiful Mount Carmel Spiritual Centre, Niagara Falls

A retreat for the New Year and the path ahead. Perfectly timed at the beginning of a new year, this retreat will help us release the year that has passed and welcome in the new one that lies open before us.

Imagine if your New Year wasn't about 'fixing or improving' through resolutions, but about deepening and transforming, about embracing the sacred journey and holy mystery at the heart of life? Through deep listening and discernment practices, we will pay attention to the longings and desires of our souls and the prompts of the Spirit, inviting them to be our inner compass. This beautiful retreat will include group sessions, time for individual reflection, and a delicious lunch.

Cost: \$70. To Register: Please call 905-356-4113 or email Mount Carmel Spiritual Centre at reservations@carmelniagara.com



Deep REST ~ Winter Day Retreat

with Beth Woelk

Saturday, February 10th, 2024 - 9:30-3:30

at the beautiful Mount Carmel Spiritual Centre, Niagara Falls.

A day to reflect upon the images, invitations, and wisdom of Winter. This season beckons us to notice how our bodies, minds, and spirits crave rest. Many of us long for rest and not just the kind of rest that's about napping or doing fun things, but also a deeper kind of rest. The kind of rest that is about being held in

Divine Love, grounded in our true essence, and rooted in a trust that something greater is mysteriously at play within and all around us. Give yourself the gift of a day away to be restored and replenished through stillness, nature, meditations, poetry, music, journaling and much more.

This retreat will include group times, time for individual reflection, a guided contemplative walk on the beautiful Monastery grounds, and a delicious lunch!

Cost: \$70. To Register: Please call 905-356-4113 or email Mount Carmel Spiritual Centre at reservations@carmelniagara.com.

The Enneagram: An Introductory Workshop

Feb 9 (7-8 pm), Feb 10 (1-5:30 pm)

Rockway Mennonite Church
Facilitated by Tamara Shantz
(www.tamarashantz.com)
\$125/150/175 (sliding scale)

Join Tamara Shantz for a weekend workshop exploring the Enneagram as an invitation into deeper presence and compassionate living. The Enneagram describes 9 personalities - or really, 9 journeys of the human spirit. Inviting us into the beauty of our deepest selves, illuminating how we get stuck in the limiting, habitual patterns of our egos, and pointing the way into greater freedom. Email Tamara to register or with questions: tamarashantz@gmail.com

Further workshops are planned for February and March. Details TBC. If you are interested, email Tamara.



Contact Us

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