



Spiritual Practices Retreat

In the silence and mystery, I have begotten you.

Psalm 110

"...faith largely became believing things to be true or false (intellectual assent) instead of giving people concrete practices so they could themselves know how to open up (faith), hold on (hope), and allow an infilling from another source (love)."

-FR. Richard Rohr, Faith and Beliefs (July 16, 2017)

The world is changing much faster than people can keep up with. The pace of life is exhausting while slowing down doesn't seem to be an option. Yet, God invites us to stillness so as to know him.

Our spiritual work in this lifetime is to experience the love of God. To experience God is a present moment of now event and not something that can be sensed in our thoughts, which are most often in the past or thinking about the future. We very seldom take the time to be present in our body and heart to the moment, the only place in time where we can feel God's love.

The intention of this retreat is to introduce Spiritual Practices that have been held in the Christian monastic tradition since the time of the Desert Mothers and Fathers in the 1st Century.

Life is the classroom from which to practice. All the practices introduced at the retreat are meant to bear fruit in the laboratory of life. Learning to practice being present to God in the moment of now is not the calling of monastics living in monasteries. The world needs monastics living and practicing in life, the monastery without walls.

If you've felt the desire to experience the love of God in your very being, this is your invitation to begin the journey of living in the present moment of now, the only place in which to feel God's love.

Hosted by: Grace Lutheran Church Centering Prayer Group

3010 52nd Street, Des Moines, IA 50310

Date: Saturday, October 7, 2017

Time: 9:00 a.m.-noon (registration begins at 8:30 a.m.)

Cost: \$25.00 (paid at registration)

Reservations due by October 1 to Julie Honsey, honsey.julie@gmail.com, Barb Tussing (515) 278-2019

Julie is a certified Enneagram Professional in the Enneagram Narrative Tradition and a graduate of PrairieFire, a two year Spiritual Formation program sponsored by Des Moines Pastoral Counseling Center.