

Spiritual Directions

Course reminders
October 2008



One of my favorite singer/songwriters was John Denver. At this time of the year his "Season Suite" plays in my mind.

The 'fall' stanza says:

*Reflections on the water like
shadows in my mind
Speak to me of passing days and
nights and passing time
The falling leaves are whispering
winter's on its way
I close my eyes remembering the
warmth of yesterday*

*It seems a shame to see September
swallowed by the wind
And more than that it's oh so sad to
see the summer end
And though the changing colors are a
lovely thing to see
If it were mine to make the change I
think I'd let it be*

*But I don't remember hearing
anybody asking me*

Ah yes, changes. Managing and participating, perhaps even influencing the way change effects us, is a life-skill we continue to use. We have several pertinent workshops in early October that may help you deal with life and changes.

NEW WORKSHOPS

Use Your Intuition with Carole Kanchier. Practical guidelines, handouts and examples will illustrate how creative problem solving techniques can be applied to varied career and personal dilemmas.

Tuesday, October 7, 2008 6:30 to 9 pm, Cost \$59

The Challenge of Change with Carole Kanchier. Take Charge of Your Career and Life. This interactive seminar provides strategies, case studies, information gathering and useful guidelines regarding the forces that influence your career and personal development. Empower yourself to make wise choices by strengthening your intuition, resilience and courage to risk.

Tuesday, October 21, 6:30 to 9 pm, Cost \$59

The Dream Interview Approach to Problem Solving and Insight with Sloane Dugan. This dream interview approach in a small group helps the dreamer strengthen his or her insight-promoting and problem solving skills. Participants will have an opportunity to work on one of their dreams, and receive suggestions on forming their own dream group. **Saturday, October 4, 9 am to 4 pm \$60**

PREVIOUSLY OFFERED FAVORITES

Sacred Drum Making Workshop with Dory Laboucane Using a sharing circle and vision work to begin you will build your personal sacred drum and rattle in this day and a half workshop.

Saturday, October 4, 9 am to 3 pm; Sunday, October 5, 9 am to 1 pm, \$190 includes all materials.

If WRITING is your passion or even just a little bit scary, **Wondering Waiting Writing** with Margo Van Sluytman may be just right for you. You will enter these 3 sacred places and pen the beauty and power of your voice.

Introductory workshop: **Monday, October 6, 7 to 9 pm \$15**

Full day workshop: **Saturday, October 11, 10 am to 5 pm \$65**

STRAWBERRY TREE STUDIO

Special Event: **Healing Hats and The Enchanted Tea Party** Come to our Edwardian house for a fun-filled afternoon of hats, art and music, tea and creative conversation.

October 11, 1 to 3 pm \$20

Kindred Spirits Pet Loss Group As part of the Healing Our losses group, this six week course gives you the opportunity to honour the memories of your beloved animal companion and to express the feelings and celebrate the relationship that meant so much to you.

Monday evenings, 7 to 9 pm You can begin anytime. \$125 for 6 session. No art experience necessary. All material supplied

Stepping Stones, a weekly afternoon grief group meets on Mondays at 1:30 pm. Phone the office for details.

A WEEKEND RETREAT with Margot Van Sluytman at the FCJ Centre.

SAWBONNA: Write your soul ... forgiveness and hope can come. Sawbonna is a Zulu word meaning "I see your soul". This weekend Margo will share her story of coming to terms with her father's murder and reconciling with the man who killed him. Out of her experience she has developed a process to help you find your voice and work with all manner of grief and sadness. Margot will encourage and inspire you to find the words which can offer you hope and healing.

October 31 to November 2, \$225 live-in; \$160 commute

Phone 403-228-4215 to register.

The Spiritual Psychology of Freedom, a Science of Mind study group with Rev. Toni Heggi, will meet at Spiritual Directions on Tuesday evenings beginning in October. **8 weeks \$200. Phone Westside Centre for Spiritual Living 403-815-2899 for details or to register.**

Please go to www.spiritualdirections.com for more information about our programs.