

## GATHERING GARDEN CENTER FOR SPIRITUAL LIFE

GWYNEDD FRIENDS MEETING located at the corner of Route 202 & SUMNEYTOWN PIKE

1101 DEKALB PIKE, GWYNEDD, PA 19436 [www.gwyneddmeeting.org](http://www.gwyneddmeeting.org)

### FALL and WINTER 2015-2016 PROGRAM

#### GATHERING GARDEN PROGRAMS:

**Who we are:** We are a group of individuals committed to making many different avenues of spiritual exploration and growth available in an interfaith atmosphere. We welcome everyone. Our programs are intended for the general public.

#### SMALL GROUP SPIRITUAL NURTURE: THIRD THURSDAYS October 15, 2015 – May 19, 2016 7:15 – 9:00 PM

“Holy Listening – to “listen” another’s soul into life, into a condition of disclosure and discovery, may be almost the greatest service that any human being ever performs for another.” – Douglas Steere. Group spiritual direction is a process in which 4-5 people gather in a small group on a monthly basis to assist one another in an ongoing awareness of God in all of life. Each member of the group seeks support for their responsiveness to God and they agree to support others in responding to God’s work in their lives.

**Location:** Library and 2<sup>nd</sup> Floor Counseling Room

**Cost** \$30

**Contact:** Connie Lezenby 267-664-3721 or [lezenby@gmail.com](mailto:lezenby@gmail.com) for questions and registration.

#### MEETING FOR WORSHIP FOR HEALING: MONDAY SEPT. 21, 2015 7-8 PM

In the Meeting for Worship with Attention to Healing we make ourselves available to the healing power of the Spirit, to be used on behalf of ourselves or of those whom we wish to hold in the Light for healing of mind, body, or spirit. As in our regular Worship Meetings, there may be silence and vocal ministry. Our focus is not to persuade God, nor in any way to deny the work of those in the healing professions. We simply seek to hold those whom we care for in the Spirit’s healing Light.

**Location:** Community Room

**Cost:** Free.

**Contact:** Anne Hill [aschatzh@verizon.net](mailto:aschatzh@verizon.net) for questions. No registration needed.

#### SILENT RETREAT: SATURDAY, DECEMBER 12, 2015 9:30 AM – 4:30 PM

In the midst of busy holiday times come for a day of silent retreat. We will gather to share our prayers and hopes for the day, then see where the spirit will lead each of us through journaling, art work, labyrinth walking, meditation and sitting quietly by ourselves in silence. At the end of the day we will meet to gather the graces. Bring a journal, sketchbook, needlework, simple crafts, or spiritual readings. Also bring a bag lunch and snacks to share. Drinks will be provided. This year we will also have different spiritual practice centers in the Community room. Come and try a new practice!

**Location:** Gwynedd Friends Meeting and grounds

**Cost:** \$10

**Contact:** Connie Lezenby 267-664-3721 or [lezenby@gmail.com](mailto:lezenby@gmail.com) for questions and registration.

#### MEDITATION GROUP: EVERY TUESDAY 7:30 – 8:30 PM MEDITATION 8:30 - 9:00 PM SHARING

Come join the Mediation Group at Gwynedd Friends Meeting every Tuesday as we connect with the divine of the inner self through stillness and silence. Help and guidance are available for interested beginners.

**Location:** Library

**Cost:** Free

**Contact:** Bart Sacks, [bartsacks@aol.com](mailto:bartsacks@aol.com) and Beth Roberts [luobaifeng3@yahoo.com](mailto:luobaifeng3@yahoo.com) No registration needed, but if this is your first time attending please call a coordinator before coming.

**YOGA CLASSES: THURSDAYS OCT. 1 – NOVEMBER 19, 6:00 – 7:00 PM**

Uma Anmangandla, a student of Ashwini Aragam, a certified Yoga instructor will offer class of gentle Hatha yoga. Bring towel or yoga mat for sitting on the floor and wear comfortable clothing. Register on the first evening.

**Location:** Community Room

**Cost:** \$4.00 Per Class.

**Contact:** Uma [UmaAnmangandla@gmail.com](mailto:UmaAnmangandla@gmail.com) for questions.

**SPIRITUAL BOOK DISCUSSION GROUP: SECOND MONDAYS 1:30 to 3PM**

Join this small, informal discussion group to explore Quaker and other spiritual traditions. For our first session, October 12, 2015 we will read Untethered Soul : the Journey Beyond Yourself by Michael A. Singer (available at the public library). We will make future selections at the meeting.

**Location:** Gwynedd Library

**Cost:** free

**Contacts:** Carol Ritting, [critting@hotmail.com](mailto:critting@hotmail.com) and Jane Berger, [jberger@westnet.com](mailto:jberger@westnet.com)

**THE GROUND WHERE YOU STAND IS HOLY: THURSDAYS: OCT. 8, 2015 JAN. 14 2016, AND APRIL 14 2016 7:00 – 8:30 PM SUNDAYS OCT. 11, JAN. 17, AND APRIL 17 2:00 – 3:30 PM**

The intention of these three sessions is to have a sense of sacred space and place wherever one happens to be. We will explore together places and spaces that have served as "holy ground" ... natural areas, streamsides, waterfalls, wooded areas.

We will look at the places in our lives now that provide refuge, challenge, or a sense of sacred space. How do we each relate to such places and spaces? In our organizational meeting, we may decide to visit nearby parks, streams or woodlands, just to recall a sense of being a part of the natural world.

Each evening session will include worship, scripture readings, prayer and may include liturgy. Do bring in materials from your experience, reading and background. Sunday afternoon "rambles" may include walking outdoors, sitting by a stream or exploration as a meditative practice. Possible sites for "rambles" are those sites in the area that form a part of the Montgomery Lands Trust, and contain natural features or are currently being restored.

Location: Library

Cost: \$10

Contact: Christine Greenland [Christine.Greenland@gmail.com](mailto:Christine.Greenland@gmail.com)

**SPIRITUAL FORMATION PROGRAM: RETREATS: SEPT 18, 2015, 4 PM-10PM, SEPT. 19, 8 AM-6PM, SEPT. 20 8 AM-12PM, MORNING: FEB. 20, 2016 8 AM – 6 PM: MAY 20, 4PM-10PM, MAY 21, 8AM-6PM, MAY 22 8AM- 12PM, MEETINGS WITH SMALL GROUPS TWO TIMES A MONTH FOR NINE MONTHS**

This nine-month program creates a safe, intimate community that supports participants in deepening their spiritual lives, in developing spiritual practices, in practicing prayer, in discerning spiritual gifts and ministry and in learning the art of spiritual nurture. Participants in the Program create a close relationship with one another, and it is hoped that the experience will strengthen the bonds within these communities.

The program begins with a weekend retreat in the fall (no overnights) facilitated by the Philadelphia Yearly Meeting Spiritual Working Group. Midway through the program there will be a one-day retreat and the program will end with a weekend retreat (May 2016). The retreats will be held at Gwynedd Friends Meeting.

During the program each person undertakes a committed spiritual discipline for the entire program. This is a critical component of spiritual formation. Examples of spiritual disciplines are: daily walking meditation, journaling, chanting, and "washing the dishes" mindfulness.

Each person is a member of two groups: a reading group and a spiritual friendship group, both of which meet once a month (time and location determined by each small group). Readings are about spiritual experience, scripture, prayer, community, the Religious Society of Friends and ministry. In the small spiritual friendship groups,

participants share reflections on the daily spiritual practice undertaken and other aspects of their spiritual journey during the nine-month cycle.

Location: Community room Gwynedd Friends Meeting

Cost: \$50 plus cost of books

Contact: Connie Lezenby, 267-664-3721, [lezenby@gmail.com](mailto:lezenby@gmail.com) Registration required by September 4, 2015