



CENTER FOR SPIRITUAL INTEGRATION

Creating Sacred Space in Daily Living

This fall I will be starting a ten month-long spirituality group for women who are interested in exploring the connection between our psychological and spiritual selves. This is the third year I will be facilitating this type of extended program, and I am inviting you because I think you would find it of interest or you have already expressed an interest in participating.

The group will consist of ten monthly meetings from September, 2010 through June, 2011, and we will meet for four hour sessions once each month. There will be a manageable amount of readings and/or assignments to complete in your time spent outside of the group. Generally, these are inwardly focused questions or project assignments that pertain to a spiritual theme or spiritual practice. I am available to each participant between sessions to answer questions, meet for coffee, or talk by phone as needed. Group members are encouraged to connect with one another as well.

The structure of the meetings themselves will consist of a combination of group discussion and experiential exercises aimed at deepening personal discovery, group conversation, and sense of community. The groups are small, limited to 8-10 women to allow for deeper discussion and more intimate sharing. Two of the overarching goals of this group experience are to enter into deeper communion in terms of our own spiritual relationship, and to share that journey with others.

The 10 month experience is loosely divided into four topic areas, although individuals are invited to let me know of any questions or topics you would like to explore. Past topics include:

- creating a sanctuary space in your home, learning the components of sacred ritual, and committing to a spiritual practice in the service of your own personal goals;
- examining issues or roadblocks that seem to get in the way of integrating the spiritual side of yourself with the day to day worldly demands placed upon you;
- deepening your self-discovery process to gain greater clarity around moving more fully into your life's purpose;
- exploring how to integrate insights gained from the group back into your community.

In terms of my background, I am a licensed psychologist with over 25 years of experience, and as a part of my own spiritual development, I began facilitating weekend and day-long retreats through *The Center for Spiritual Integration* five years ago. This has felt like the perfect combination of using my clinical training in the service of spiritual deepening and exploration. In the last two years I have offered this extended ten month experience to groups of women and found that it had a profound impact on us all. If you are interested in hearing more about this either from me or former group participants, please let me know.

The cost of the ten-month experience is \$1,000.00, that is \$100.00 per four-hour session. Payment is generally done in two installments, once in September and once in February, but some people prefer to pay on a monthly basis. An extensive booklet of materials, hand-outs, and exercises, as well as food and beverages are included in the cost. I provide a full sit-down meal, either lunch or dinner depending on the time the group meets. This offers us an opportunity to experience breaking bread together as a part of our community building. We will be meeting at my home in North Hampton, a peaceful setting with ponds and gardens. Space is limited to eight to ten people, so if you are interested, please give me a call at 603-964-2360 or feel free to send me an email.

I am including a schedule of proposed dates and times under separate cover and am flexible in terms of meeting with you individually to discuss this further. I am available Monday mornings, Thursday afternoons, or Fridays, a.m. or p.m., and would welcome the opportunity to answer any questions you might have.

I look forward to hearing from you,

Patricia Gianotti