



## CENTER FOR SPIRITUAL INTEGRATION

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*Creating Sacred Space in Daily Living*

This fall I will be beginning a nine session monthly group that will take place one half day a month beginning in September and going through early June. There will be a break during the month of December as the holidays are busy times for everyone.

The format and design of our meetings will be similar to the day-long retreats the Center has offered in the past. There will be reading material provided each month, structured exercises to help facilitate discussion and deeper exploration of spiritual issues, as well as a personal component where each individual will have an opportunity to focus on aspects of spirituality, life balance, developing community, and exploring ways to make a difference in our world.

I would like to begin with a pre-group survey, taking a temperature of where people are currently, what they would like to focus on during the year, and then follow-up at the end with a post-group survey which reflects upon our journeys and measures where we have come.

In addition I hope to cover topics such as:

- Understanding of the steps involved in creating sacred ritual
- How to create a sanctuary or sacred space in your home
- Developing a daily spiritual ritual or meaningful contemplative time
- Examining “spiritual resistance” and how to develop momentum, intention, and depth
- Ways to give back, engage in meaningful work, gain clarity about your life’s purpose
- How the busyness of our lives can distract from nurturing our souls

This will be a closed group after the second session, that is, I won’t be taking on new people through-out the year. Rather, individuals who commit to the time frame will have a chance to build and deepen relationships with each other. Also, if you do make the commitment, I would ask that you try not to miss more than two meetings in the year.

The cost per session is \$95.00 including snacks and materials. One half of the nine month payment is due up front as a deposit, and the balance would be due by the February meeting. I plan on starting on Friday, September 26, 2008. I’m very much looking forward to beginning this group.

Best wishes,

Dr. Patricia Gianotti