BEING PEACE

Peace no longer means radical acceptance of how things are to me. It is radical purifying fire erupting in purity of intention and action. If peace comes into being within you and me—and it does—then we must ask the question, “how does my place in the universe diminish or contribute to peace, healing and hope?”

I was driving on a barren stretch of Alaskan highway, in icy snow swept road conditions, alone in my vehicle. It was just past the winter solstice in North America. The temperature was -25 Fahrenheit, and as the road curved to the south, with vivid rapidity the sliver of a new moon leaned in perfect symmetry toward the planet Venus. In that instant, a perfect alignment occurred on the horizon straight ahead of me, just at eye level.

Orbiting with gravitational tension, Venus and the Moon appeared to be in a parallel conversation—perhaps even a dance. Both held the integrity of their own rotation. I was embraced into their mesmerizing attraction and beauty. Blinking, and taking several deep breaths, I marveled at the precision of this particular moment in time and space. Never in my life had I witnessed such symmetry: distance and difference culminating in perfect wholeness. Within minutes thousands of stars showed their fiery light as the sapphire sky drew into inky darkness.

Over the next few days I pondered those few minutes: Venus and the Moon mirrored a spectacular fusion, reflecting our own human reality: that of interiority and differentiation. Had I only seen Venus or the Moon, perhaps I would have missed the interplay. And, as a participant I became part of their unity. Although I looked for the next several evenings, in their individual orbiting the horizon perspective never arranged itself into that same dance again.

The present moment in our journey contains all we need. We cannot recreate the past nor predict the future. Instead, as we wander and ponder, we are invited into the tension—and immense beauty—of our own integrity and interplay with one another. It is from this place that peace is birthed. Not a sappy, sentimental peace that self-serves, but rather a peace that is fierce, a sparkle in darkness, a contribution to healing, hope, and inspiration. And so I ask:

- What do you gravitate toward, or away from?
- What peace is birthed in the world because of your particular, specific life?
- Do you meet with a spiritual director who witnesses your beauty?

—Pegge Bernecker

Snow Geese—Chen caerulescens

SEEDS OF INTEREST:
- Field Notes: Sh’má: The Many—The One
- Poetry: Calling, Llamándo
- Global Resources
- Ask Owl

WWW.SDIWORLD.ORG

Listen is an outreach publication of Spiritual Directors International. When you visit the Spiritual Directors International Web site at www.sdiworld.org, you can learn about retreats, programs, conferences, and other events related to spiritual companionship. You can read descriptions of the spiritual direction relationship from a variety of spiritual traditions, and discover excellent questions to ask yourself, and any potential spiritual directors you choose to interview. To locate a spiritual director or guide, go on-line to Seek and Find: A Worldwide Resource Guide of Available Spiritual Directors. More than 6,000 available spiritual directors are listed by geographical location at www.sdiworld.org.
Discover Spiritual Attention

Journaling as a Spiritual Practice
Helen Cepero

Whether you are a longtime journal keeper or someone who has never kept a journal at all, this book will help you go below the surface of your life with God. It is not about the art of writing, but about how journaling can form us spiritually. Every chapter combines descriptive text, illustrations from journals and the author’s own experience with journaling practices integrated along the way to help you bring your own life and world into sharper focus.

Seeking God Together
Alice Fryling

Alice Fryling offers a unique introduction for those who would like to form, lead or participate in group spiritual direction.

“The intentional goal,” she writes, “is to help each participant become more aware of God in their lives, for the sake of others.” Alice describes the dynamics of group experience, equipping us to listen to God together, utilize Scripture, navigate personality differences, set group expectations and ask life-giving questions.
Sh’mah Yisrael YHVH Eloheynu YHVH Echad!
(Deut. 6:4)

Listen, God-wrestlers, Is/Was/Will-Be is Our Divine Source, Is/Was/Will-Be ONE!

These words are from the Torah, the words of tradition that the Jewish people have placed at the core of prayer—service of the heart—for millennia. We are meant to meditate on these words every day upon rising and laying our bodies down to rest. These words accompany the final exhale of life-giving breath as our existence rides the exhalation back into the Source of All Breath. We are being asked to listen to the syllables of Sh’mah itself:

Shhhhhhhhh-mm-mm-mm-mm-mm-mm-aahhhhhhh

Shhh ... the sounds of silence, of quieting the inner marketplace of thoughts and feelings so we can hear the still, silent voice.

mmm ... the sound of satiation, gratitude and abundance, of being enough, no matter what our circumstance.

ahhh ... the release into wonder, the unknown, the known, pressing out all we hold dear to be filled once again with life-giving oxygen.

We are asked to listen to each other—to the God we claim, whose name is pure being, whose Glory shines majestic beyond time and space, and cannot be contained in any one dimension. This God is ours, and therefore has an infinite number of manifestations in the diversity of humanity and all created forms in the universe—no one form, or one faith, or one belief system can contain this Energy.

Listen ... what do you hear?

–Rabbi Shawn Israel Zevit is an author, spiritual director, musician, and leader in spiritual direction formation. The director of outreach and social justice for the Jewish Reconstructionist Federation, his e-mail is: SZevit@comcast.net.

Listen is published four times a year (January, April, July, October). The names Spiritual Directors InternationalTM, SDIWorldTM, and SDITM and its logo are trademarks of Spiritual Directors International, Inc., all rights reserved. Opinions and programs represented in this publication are of the authors and advertisers and may not represent the opinions of Spiritual Directors International, the Coordinating Council, or the editors.

Pecos Benedictine Monastery
is offering two residential programs in 2009. The School of Spiritual Direction, which highly values the experience of personal transformation, is completed in three 2-week modules over one, two, or three years. Students reside at the Abbey guesthouse adjacent to the monastery, east of Santa Fe.
Phase I will be offered June 28-July 10, Phase II will be September 13-25, and Phase III will be November 8-20.
A three month Sabbatical Renewal Program allows persons to follow their own process, encouraging involvement but recognizing the need to withdraw. The aim is to integrate workshops; seminars; prayer and recreation into a holistic experience which will help one see God in all of life, relationships, and oneself. Offered September 3 – December 4.
For information please call, e-mail or write: Stephen Coffey, OSB Administrator
P.O. Box 1080 Pecos, NM 87552-1080
505-757-6415 ext.
221 spiritdir@pecosmonastery.org
See www.pecosmonastery.org for details.

GLOBAL RESOURCES:
Supporting Your Spiritual Journey

Bethany Retreat House
East Chicago, IN, USA
Spiritual direction and silent retreats individually arranged to suit your schedule. 219-398-5047
www.bethanyretreathouse.org

St. Joseph Retreat Center
Retreats: 3-34 days; spiritual direction, supervision; spiritual direction training program; mornings & days of prayer Cohasset, MA 02025; 781-383-6024
www.csjretreatcenter.org

My One Wild & Precious Life
2009 Women’s Retreats, USA
May 29-31 Sacred Hearts, Wareham, MA
June 19-20 Xavier, Convent Station, NJ
timeoutretreats@comcast.net
www.timeoutretreats.com

Sister Charleen Pavlik PhD, Angelspring solitude, arts, diverse, hermitage, Reiki, all faiths, rural setting, retreat intensives. See “Retreats” page on Web site.
agelesspring789@yahoo.com
724-938-2301; www.angelspring.net

Great online spiritual resource, with humanly clear and helpful writings on truth; simple practices; free classes to support everyday spiritual life, on any path; and more. mail@livinglovefellowship.org
www.soulprogress.com

July 24-August 7, 2009
Santa Barbara, CA, USA
MRC School for Spiritual Directors Abbot David Geraets & Team Location: Mission Santa Barbara 207-365-7288; joyologist@gwi.net

October 16-18, 2009
Spiritual Directors International in Europe Conference: Dublin, Ireland
www.sdiworld.org

Order a FREE subscription to Listen: A Seeker’s Resource for Spiritual Direction. Go to: www.sdiworld.org

GloBAl resourCes:
Supporting Your Spiritual Journey

A Spiritual Directors International publication

Listen
Experience Wellness Spirituality at
Lourdes Wellness Center
Celebrating our 30 Year Anniversary!

Wholistic Programs for Mind ~ Body ~ Spirit
- Wholistic Health & Wellness Classes, Programs and Services
- Art-Journaling and Spirituality Retreats
- Wellness Resources: Encirclings Sculptures, Art Cards, Prints by Marianne Hieb, RSM
- The Canticle of the Creatures: Meditation Garden of Peace, Healing & Wholeness
- Wholistic Massage Training and Yoga Teacher Certification
- Trip to France and Bavaria to Passion Play at Oberammergau, Germany 2010
- And so much more!

Lourdes Wellness Center
900 Haddon Avenue, Suite 100, Collingswood, NJ 08108 (856) 869-3125
www.lourdeswellnesscenter.org

Sponsored by Our Lady of Lourdes Health System, a Ministry of the Franciscan Sisters of Allegany, NY

Rothesay, New Brunswick

Six-Day Guided Retreat
Monday, July 6 - Sunday, July 12, 2009
Growing Spiritually in the Later Years of Life

During this time of retreat we will explore the spiritual and personal journey we take into the later years of life and what we want to harvest from our lives to present to God.

Facilitator:
Brother Wayne J. Fitzpatrick, Maryknoll Missioner, holds an MA Degree in Theology and an MS Degree in Pastoral Counseling. He has worked in Maryknoll’s Central America Region in the Diocese of Huehuetenango, Guatemala in a small rural parish for three years. Brother Wayne served in Vocation Ministry and as Director of Brothers Formation for the Maryknoll Society.

Cost: $480 (with early registration) $510 after June 1, 2009. Includes single accommodation and all meals. A non-refundable deposit of $100 is required by above date. Remainder is due at arrival.

TO REGISTER please contact Villa Madonna at
(506) 849-5125 Fax (506) 849-5123
Toll free 1-866-783-3300
Email: villamadonna@cb.hstn.com
Website: www.villamadonna.ca

St. Ignatius Jesuit Retreat House
at Inisfada
251 Searingtown Road
Manhasset, NY 11030
516-621-8300
www.isifada.net
inisfada@inisfada.net

SUPERVISION FOR SPIRITUAL DIRECTORS
DIRECTED RETREATS: SPRING & SUMMER 2009
May 8-10  July 5 - 12  July 15 - 22  July 24 - 31
IGNATIAN SPIRITUALITY & THE DIRECTED RETREAT
An Internship for Experienced Spiritual Directors
June 8 - August 1
SPIRITUAL EXERCISES INSTITUTE: FOR RETREATANTS
(Disposition Days, 30-Day Retreat, Appropriation Days)
June 25 - July 31
GUIDED RETREAT: July 31 - August 7
For information and applications contact Karen Doyle, SSJ,
516-621-8300 x 25, or kdoyle@inisfada.net
CONTEMPLATIVE CLINICAL PRACTICE:
AN ADVANCED CERTIFICATE
PROGRAM IN SPIRITUALITY AND
SOCIAL WORK PRACTICE

SPONSORED BY THE
SMITH COLLEGE
SCHOOL FOR SOCIAL WORK

BEGINS OCTOBER 1, 2009;
APPLICATION DEADLINE JUNE 22, 2009

FOR MORE INFORMATION GO TO
WWW.SMITH.EDU/SSW/CED
OR CONTACT US AT (413) 585-7970 OR
BY EMAIL AT SSWCED@EMAIL.SMITH.EDU
Calling, Llamándo

Calling

I hear
birds on branches
calling softly to me,
“Come closer, come over, come in.”
I’m here.

Llamándo

Oigo
llamándome
los pájaros en las ramas
“Acércate de nosotros, ven, entra.”
aquí estoy.

– by Christina Watkins

www.faithtrustinstitute.org

Institute for Spiritual Leadership

Deepen your relationship with self, others and God and/or prepare for the ministry of spiritual direction.

Accepting Applications
Fall 2009 Programs

Weekday and Weekend Programs
Full Time and Part Time

email: islusa@aol.com
www.spiritleader.org
773-752-5962

Summer

Dream

CONFERENCE

GOD’S FORGOTTEN LANGUAGE

JUNE 7-12, 2009
Kaumga Conference Center, Hendersonville, NC

This conference has become "The portal for Christian dreamwork," a guide in starting church dream groups and an integrator of dreamwork with spiritual direction. Beginning and advanced tracts offered.

PRESENTATIONS by National speakers:

• From Jung to Jesus
• Here We Stand at the Crossroads: Wolfgang Pauli & Carl Jung
• Fairy Tales and the Scripts We Live By
• Dreams & Evolution of Consciousness at Both the Individual and Collective Level
• Typology and the Stages of Life
• Christian Mystics & Jungian Expressions
• Dreams, Synchronicity
• Thomas Merton’s Dreams & the Individuation Process
• Dream Theatre
• Night Visions: The Dance of Transformation
• Recognizing Archetypes & the Inner/Divine Message

Plus a treasury of practical workshops

See www.hadeninstitute.com for info & registration
828/693-9292 • office@hadeninstitute.com

FaithTrust

INSTITUTE

Working together to end sexual & domestic violence

Carolyn Scott Brown
Director of Educational Resources
2400 N. 45th Street, Suite 101
Seattle, WA 98103
Phone 206-634-1903 ext. 23
Fax 206-634-0115
Order Line 877-860-2255
csbrown@faithtrustinstitute.org
Question: I have met with a spiritual director for six months. This month, when I reflected about what I want to talk about during spiritual direction, I realized I am simply happy, and that everything in my life is centered and joyful. I began to wonder if I really need to meet with my spiritual director. I think I have a bias that I only need a spiritual guide when I am discerning something or struggling. Can you please respond?

Hoot Hoot: A spiritual director or guide is present to us in times of discernment, grief, and delight! What a gift it might be for you and your spiritual director if you share your experience of being centered and joyful. This will give witness, voice, and gratitude to your lived experience. Is it possible that greater delight and peace might arise in the world if we all shared our times of joy with one another? Maybe a spiritual direction question is: “When or why do I savor—or refuse—my delight, and God’s delight in me?”

—If you have a question for Owl, please e-mail Listen@sdiworld.org.
“Tending the holy around the world and across traditions ...  
Al servicio de lo sacro alrededor del mundo y a través de las tradiciones ...”

—Translated by Marta Rios and Xavier Ortiz Monasterio