

Rest, Renew, and Rise: Practices for Living a Resilient Life

Session Descriptions

Friday Community Dinner

Think back to the last time you attended an in-person event... maybe quite awhile ago! Remember what the first few moments were like? Maybe you didn't know anyone, and it felt a bit awkward to say hello, maybe you knew lots of people and you were excited to hug and chat! Hopefully, you made a few new friends and made it past that first session feeling excited for the rest of the event. That's the experience we are going to host for you on Friday! And we will need your help! If you already had dinner, maybe bring your dessert, or perhaps you just ended your last video call for work at 5pm and will join us from your kitchen as you cook! Stay tuned for some plant-based recipe suggestions, roles we will need filled, and ideas for how to mindfully set your table.

5 Rhythms Spiritual Practice – Kat Goheen

Kat Goheen will share an experience of the 5 rhythms spiritual practice developed by Gabrielle Roth with the Day of Nurturing Spirit. This practice involves feeling natural movements in your body that respond to five energetic rhythms that surround us: Flowing, Staccato, Chaos, Lyrical, and Stillness. Learning to listen to our bodies is an important step in soul work. The music is punctuated by Silence, and the music will lead us into a generous meditative sit after the dancing. All ages and abilities are welcome, and you can leave your judging mind at the door!

Journaling – Jeri Mortimore

Journaling--the act of recording your thoughts, images, hopes, concerns and then exploring them. Used in meditation or mindfulness exercises, journaling is at once an experience in exploration and revelation. No judgments and no fear!

Listening for the Soul – Shannon McAdam

Through Listening for the Soul sessions Shannon follows the work of Jean Stairs to build small group connections where spiritual direction can take place. Spiritual direction is traditionally a one-to-one experience and is the practice of being with people as they attempt to deepen their relationship with the divine, or to learn and grow in their own personal spirituality. By practicing this ancient tradition in small groups, we gain wisdom as equals in our spiritual journeys, and gain skills that assist us in being better listeners in our everyday lives.

Wonder and Mental Health: Immediate Practices with Powerful Impact - Lana Cullis

Do you ever question how one moment of trauma can cause such havoc with life and yet healing practices may seem to take months or years of discipline to restore well being? In this session, we will explore the possibility that our brains, spirits, and emotions *do* respond to brief interventions with enduring results. We will welcome together recent and traditional learning that promotes ongoing hope in an unpredictable world.

Yoga Nidra: Transformative Rest for Body, Mind & Soul – Vickie MacArthur

Break the cycle of tension and fatigue, regain health and vitality, and reconnect to your soul's calling, through the practice of Yoga Nidra. Begin with a few gentle stretches and breathing techniques to help release tension, then experience a full 40-minute Yoga Nidra practice, a sleep-based, conscious relaxation and meditation practice done in a lying down position. You will leave your busy outer life behind, and enter your inner world, and a relaxed, subconscious state of mind, where healing truly begins.

Satsang: Singing Into Silence, with Doug and Vickie MacArthur

Special Guest: Mary-Jean Belrose with a Drumming Meditation

Satsang is a Sanskrit word that describes a way of coming together in community to experience the pure truth and love that is beyond religion or culture. Even online, the simple act of joining to sing can touch places within us that spoken words cannot. Singing together dissolves boundaries and opens our hearts to the silent truth that is beyond words.

Doug and Vickie will share simple songs and chants from various spiritual traditions you can sing in your own space, from the silence of "Om" to a joyful "Alleluia". Clap your hands with lively rhythms and the beat of a drum, and let soulful melodies guide you into the silence that connects our hearts as one united voice. Together we will create a vibration of peace to fill the world.

Sunday Gathering – Shannon McAdam

This morning gathering is the cherry on the sundae of your Nurturing Spirit weekend. It will give you a chance to hear and share wisdom gathered from our shared time together, practice some of the skills we've learned, and bask in the support of community. There will be music, poetry, and connection. We will also be inviting people who won't have had the chance to join us on Saturday to have a taste of the experience we've shared. Feel free to invite a friend or two to this gathering.