



SACRED  
GROUND  
Center for  
Spirituality

*"To awaken and deepen faith."*

1890 Randolph Avenue  
St. Paul, MN 55105-1700  
651.696.2798  
[www.sacredgroundspirit.org](http://www.sacredgroundspirit.org)

Loving God,  
You are the Sacred  
Ground  
Of all that we are  
And all that we do.  
Help us bring to fulfillment  
Your most Wonderful  
Dreams for us.

*Mission Statement*

Sacred Ground Center for Spirituality is a community of spiritual directors that is ecumenical and inclusive. We offer spiritual direction, training of directors, peer supervision and enrichment for spiritual directors.

# Join the Journey

Winter 2009

*In the bleak midwinter  
Frosty wind made moan,  
Earth stood hard as iron,  
Water like a stone*

These words of Christina Rossetti capture in poetry this Minnesota winter we are experiencing outside. However, inside there is warmth and activity. Life goes on and life is good in spite of the cold. If you remember the end of the poem, the poet contrasts the world outside with the possibilities of new life inside. Where is my heart on these cold winter days? How is the Spirit calling me? Perhaps it is a time for some more inner work: in the house and in the soul.

We hope this publication will give you some things to ponder, activities to kindle thoughts of participation and events to look forward to as the weather warms and the trees bud once again. Several articles by Sacred Ground members reflect their spiritual journeys and our ministry of awakening and deepening faith. As we open ourselves to the Holy, our creativity can blossom and take many forms. Two fine opportunities listed in this newsletter are:

**Julie Neraas**, ordained Presbyterian clergywoman and spiritual director will lead a retreat at Sacred Ground on March 7, working from themes in her soon to be published book, *Apprenticed to Hope: A Sourcebook for Difficult Times*.

**J. Philip Newell**, respected Celtic scholar and former warden of the Iona Abbey will be in the Twin Cities in May to explore ideas from his newest book, *Christ of the Celts: The Healing of Creation*.

For Sacred Ground, the tree has always symbolized shelter, a place to rest and dream, a haven where one can be open to God's transformative love. When we redesigned our website and considered a new logo for Sacred Ground this year, we knew we wanted to keep the tree, so we tried to graphically capture what it means to us. The leaves are branching out into unknown territory, nurtured by the warmth of the sun. It's as if we are trying to glimpse at something not totally clear but still being drawn to it. Our new logo holds fast to the tree that has symbolically nurtured Sacred Ground since the beginning.

Thomas Merton said, "Love is our true destiny. We do not find the meaning of life by ourselves alone. We find it with another." Having someone hear our story with the ear of God's heart can help us become more of who we are truly created to be. What a gift that is to all that is Holy in this world. Sacred Ground has many spiritual directors (both men and women) from a number of denominations who journey with seekers. These seekers know that they cannot grow in the Spirit alone and find value in the relationship with a spiritual director and are willing to share themselves with other seekers.

On the evening of March 26 from 6:00 to 7:00 p.m. Sacred Ground will host a general information event about our ministry and program offerings. I encourage you to come and bring someone you know who might want to explore their sense of God's presence in their lives. It's a great time to explore new opportunities.

And finally, we are grateful to all who supported Sacred Ground last year. It is with your commitment and financial help that this ministry continues to grow.

In the meantime, consider the stirrings of your heart...

*Michele Krakowski*  
Executive Director

# Spiritual Direction Certification Program

This ecumenical Christian training and formation program prepares women and men to become spiritual directors. The five-year program, which is an ongoing discernment process, is composed of two components: two years of education and three years of practical experience with spiritual direction along with facilitated supervision. First year students have the opportunity to participate in a *Retreat in Everyday Living* and all students complete the *Spiritual Exercises of St. Ignatius* by the end of the program.

## Prerequisites:

- Currently receiving Spiritual Direction
- Preferably 35 years of age or older but not necessary
- Sense of a call to the ministry of Spiritual Direction
- A willingness to discern that call with God and the Education/Formation Team of Sacred Ground



*A journey*

## Qualifications:

- Dedicated to a daily personal prayer life
- Deepening awareness of the mystery of God in the world and one's life
- Willing to do personal growth work in psychology and spirituality
- Willing to explore the call to ministry as an ongoing discernment process
- Interested in and able to listen to others share their faith experiences
- Willingness to change, grow and be open to new ideas and varied expressions of faith journeys
- Able to be self reflective and integrate head knowledge with heart experience

Please call 651.696.2798 or visit our website [www.sacredgroundspirit.org](http://www.sacredgroundspirit.org) for detailed information about the program and the fee structure.

## Interested in Beginning Spiritual Direction?

Are you thinking you would like to begin meeting with a spiritual director? At Sacred Ground our process is as simple as a phone call and a short written application. With that information our Spiritual Direction Coordinator takes your application to prayer and then recommends two possible spiritual directors for you to choose from. Spiritual direction is \$65 for one hour. However, no one is turned away if



unable to pay the full amount. All spiritual directors at Sacred Ground have received training in theology, spirituality and psychology and receive monthly or semi-monthly supervision. Spiritual directors continue growing in their spiritual life through prayer, retreats, suggested readings and regularly meeting with their own spiritual director.

*To begin spiritual direction call us at 651.696.2798*

*Come learn about Sacred Ground*

**You are cordially invited to attend a one-hour information event about Sacred Ground, spiritual direction, and our spiritual direction training program.**

**Thursday Evening, March 26, 6:00 to 7:30 p.m.**

Location: 1890 Randolph Avenue, St. Paul (between Fairview and Cleveland)

Please call 651.696.2798 or email [sacredground@sacredgroundspirit.org](mailto:sacredground@sacredgroundspirit.org) to reserve a spot or for more information.

# The Strong Part Remains

An early summer storm whipped the treetops in our yard. As the trees groaned, I heard a loud crack. When calm settled in, I walked outside and was saddened to see that a large section had been wrenched from one of our trees, leaving a gaping wound in the trunk.



This beautiful hackberry tree was here long before we built our house. For over thirty years it has provided cool shade for our yard. I grumbled every year when I had to pick up the twigs and berries that fell from this tree. Our three children spent hot summer hours climbing the sturdy tree and playing under its cool canopy. Now a wound five feet tall threatens this old friend.

The thought of having to cut down the rest of the tree makes me sad, but we have to balance the desire to save the tree with concerns about whether it is safe to leave it standing. If another storm comes, is the tree strong enough to withstand the winds? Could the remaining tree fall on our house? Or worse yet, fall on a person?

I needed to call someone who knows trees. I called Ralph. Ralph trimmed trees in our neighborhood several years ago. I described the damage to the tree.

“Was this one of the trees on the southeast corner of your house?” he queried. “Yes,” I answered. “The hackberry?” “I’m amazed. How did you know?” I asked.

“You never forget a tree that you’ve climbed,” he said. With that, I knew I had called the right person. We continued to talk about my concerns about safety. He assured me that storms generally come from the west, so if they downed the tree, it would likely fall in the street. I told him that I wanted to save the tree if there is any chance that it might survive.

“The wind only takes the weak part,” he said. “It’s the strong part that remains.”

I realized that life is like this tree. When we are battered by storms, difficulties that previously overwhelmed us are put into the proper perspective. It is the strength of the inner Spirit that sustains us and survives.

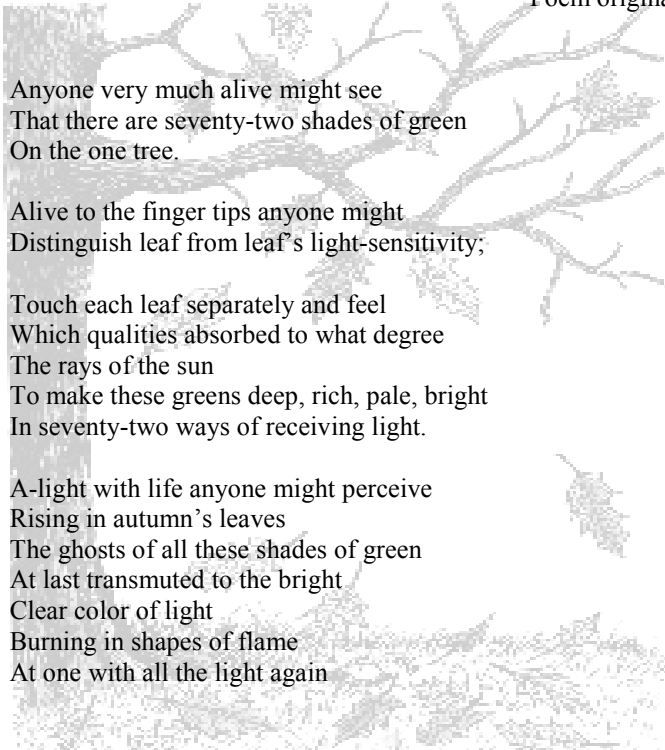
*Barbara Mace, Spiritual Director in Training in the Sacred Ground Certification Program. Barbara is an attorney with a B.A. in anthropology/archaeology. She enjoys spending time with her family, yoga, needlework, gardening and learning about integrative medicine.*

## Seventy-Two Ways of Receiving Light

By Ellen Murphy, CSJ

*The World Within Poems, North Star Press of St. Cloud MN 2008*

Poem originally printed in *Body of Time*, 1971



Anyone very much alive might see  
That there are seventy-two shades of green  
On the one tree.

Alive to the finger tips anyone might  
Distinguish leaf from leaf’s light-sensitivity;

Touch each leaf separately and feel  
Which qualities absorbed to what degree  
The rays of the sun  
To make these greens deep, rich, pale, bright  
In seventy-two ways of receiving light.

A-light with life anyone might perceive  
Rising in autumn’s leaves  
The ghosts of all these shades of green  
At last transmuted to the bright  
Clear color of light  
Burning in shapes of flame  
At one with all the light again

## God's Hand at Work

It has been my nature to listen! Even as a young person, I was known to listen — as a friend. One of my dear friends suggested that I should hang a sign on my kitchen door and post hours for a listening ear.

It did not surprise me when I experienced an inner call to ordained ministry as an elder in the United Methodist Church. Much of what I did for 21 years entailed listening to issues that were administrative, program oriented and pastoral. The stories of people that I had been called to shepherd added depth to my listening skills. I knew most of the concerns were of a spiritual nature, seeking guidance and wisdom.



I had some of the guidance and wisdom needed and I walked with my congregation in love. The Myers-Briggs typology verified the pastoral role I had taken. I can honestly say that I loved being able to do the work of a pastor.

As retirement from active ministry approached, my own spiritual director "wondered" if I had ever considered spiritual direction as a part of my new life. I didn't see that option for a time, but prayed over it. In time, I realized that I had been in preparation to explore this new path, but that I was unaware of the power of the Holy Spirit giving me direction — and blessing as I explored. It came as a gentle awareness that I had been significantly and positively impacted by the direction that I had valued and trusted over the years. I began to see God's hand at work in my whole life, and I delighted in the growing understanding that was working its way into my listening life. I saw no risk in exploring what spiritual direction might mean. I chose Sacred Ground's Spiritual Direction Certification Program from among a number of possibilities. The format, which integrates knowledge and experience through the Ignatian Exercises, coursework and supervision, has been a perfect fit for me! Oh how I have experienced a deeper perspective into my own spiritual growth work. I do not doubt that God's Spirit has made a number of gentle nudges!

Being a spiritual director or spiritual companion requires a different kind of listening! I don't have to be in charge, but I am privileged to listen to the dear souls that God's Spirit has invited into my life — and I am quietly humbled to listen to God's grace speaking out through me as we work together. I think about Jesus' commandment to love God and neighbor as we love ourselves — and find that a baseline for my work in this holy listening process.

My life had changed considerably just before entering the program. My husband of 43 years had died suddenly of a heart attack. It was the first of several changes that would affect my life. Others included retirement, remodeling of the home that I had shared with my husband, building a new cabin as a place of celebration and peace, re-acquainting myself with old friends and discovering new friends within the Sacred Ground community.

All of this is to say that I had a huge awakening of my spirit! It was time to listen to what God's Spirit was saying to me, so that I could be a vehicle for others to listen to what God is saying in their lives. What a joyful gift!

*Ruth Phelps, Retired United Church of Christ pastor and Spiritual Director in training in Sacred Ground's Spiritual Direction Certification Program.*



*Love is our true destiny  
We do not find the meaning of life by ourselves  
alone—we find it with another.*

- Thomas Merton



# Showing and Building

I love words. I don't know what I'd do without them—perhaps derive a system of grunts and gestures, and hope that others around me could interpret what I was trying to convey. Torture for me would be to be wordless—which may explain why for me, apophatic prayer (prayer that transcends words and images) is an acquired taste and not my natural inclination.

I also love etymology—the history of words, how they got to us and how they have changed over time. So when I took on the task of reflecting on what it means to teach in our Sacred Ground program, I made a beeline for my old Webster's Collegiate. Taken at its most literal, and coming to our modern usage from Middle English roots, the word *teach* means *show*. It also means *instruct*, which makes its way to us again from Middle English, but with an earlier Latin root which meant *to build*.

This linguistic archaeology intrigues me. *Show* and *build*—is that what we do as teachers?

True, we “show” by intentionally creating a learning atmosphere that is hospitable and welcoming, just as we would try to do when meeting with a directee. We want the space itself to be comfortable, uncluttered, free of intrusions; the teachers try to make the space reflect that, with the help of those who tend the rooms at the Carondelet Center. (Thank you!) We “show” through the use of readings, and short lectures, and by leading group discussions. And we attempt to build—ideally with a student's cooperation, for it won't work otherwise—on the knowledge and skills the student brings in the door, as well as on a process of ever-deepening encounters with God, Self, and Neighbor (in this case, the most immediate and teachers). We want to build confidence in their abilities to listen, to question and reflect, and to discern. And all this, at its best, is a reciprocal process; teachers are shown, into the relationship as well.

We are putting ourselves into God's hands to be instruments of God's amazing creativity.

diate Neighbor being one's fellow students—a certain amount of security in most of all, to discern. And all this, at its too, and they build, as students draw them

Yes, but there is more to it than just show—we teachers are “doing things to” the students may be truer for some than for others! a spiritual director formation program—see that they are submitting themselves to God and to the movements of the Spirit, to *be of use*. We are putting ourselves into God's hands to be instruments of God's amazing creativity. And a central practice for me as a teacher is to remain as much as I can in my own formation process, in my own ongoing discernment. I hope I am not so much “doing things to” our students, but engaging *with* them in the education and formation process.

ing and teaching. These verbs overtly imply that dents. And depending on the particular teacher, But I think the best teachers—especially in a

So at Sacred Ground, we intentionally name our process as one of formation, which is more than an academic study or a CPE-kind of experience. It may have some of those characteristics, but what we hope for more than anything is that all throughout the five-year program, every one of us is open to God's mysterious *forming* of us, including the often upsetting parts of being *reformed* and *conformed*. I cherish my individuality and my independence—but I have also come to realize, and experience, that these are starting points rather than destinations when it comes to teaching—and being taught.

May God bless us all as we go about this ministry, and grant us courage [ME *corage*, fr. OF, fr. *cuere* heart, fr. L *cor*—more at HEART] to be open to being shown.

**Doug Federhart**, M.Div., serves as one of the first-year teachers in the spiritual director formation program of Sacred Ground. He is a graduate of United Theological Seminary of the Twin Cities and has worked in various social justice ministries since 1983. While his home denomination is the United Church of Christ, he has served as Director of Congregational Life for three years at White Bear Unitarian Universalist Church in Mahtomedi, MN. He received his own training as a spiritual director through Sacred Ground, receiving his certification in 2005. His spiritual direction practice is called Spirit Ventures. Doug and his life partner Stuart Holland make their home in South Minneapolis.

# My Mysterious Journey to Spiritual Direction

How did I come to spiritual direction? When I look back now, it was, in the words of the old Beatles' song, a "long and winding road." I think the journey really started in late adolescence. In my last two years of high school and in college, I had the good fortune to have the opportunity to spend time in conversation with teachers and professors who were willing to listen to me and walk with me as I tried to find my way in my life and my faith. I wanted and needed to talk and I was blessed with the availability of people who were willing to listen and, at times, give me advice. What I did not realize then was that the time and attention I received were every bit as valuable as the advice.

As I grew older and became the longing to talk about my life, others no longer seemed available. In "spiritual direction" and I had no idea spiritual directors in my community.

In the 1990's my sister often spoke with me about her experience with spiritual direction. She saw her director regularly and felt that the sessions with him greatly deepened her spiritual life. She encouraged me to find a spiritual director, but I had no idea how to do that. I did not really know what spiritual direction was, but I longed for a deeper spiritual life and to find that. I continued on in my career spiritual director and discover for myself whether it was the experience I was seeking.



an adult myself, I continued to experience especially my spiritual life, but the listening in the 1970's I had never heard the term that there were men or women working as

spoke with me about her experience with spiritual direction. She saw her director regularly and felt that the sessions with him greatly deepened her spiritual life. She encouraged me to find a spiritual director, but I had no idea how to do that. I did not really know what spiritual direction was, but I longed for a deeper spiritual life and to find that. I continued on in my career spiritual director and discover for myself whether it was the experience I was seeking.

In the late summer of 1999, at age 52, I discovered that I had heart disease. In October, stents were placed in two of my coronary arteries to correct major blockages. I took this health condition as a "wake up call" that I needed to make a major change in my life and move on from the corporate executive position that consumed so much of my time and energy. My company was in the midst of a merger and so I volunteered to take the severance package for executives whose positions were to be eliminated. I really thought this was the appropriate response to the signal I was getting from my heart that I needed to take better care of my body.

As the time for my departure grew closer in the spring of 2000, I began to experience a deep depression. I had experienced depression before but not to this degree. By the time I left the company in mid-August I was in a state of significant clinical depression. I could not believe what was happening to me. I had made what I believed to be a very healthy and prudent decision in response to my health condition, and I found myself in what author William Styron had named "Darkness Visible." It was clearly my "dark night of the soul."

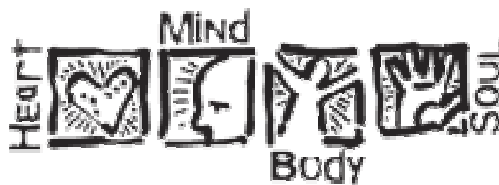
For some time before I retired I had been attending a 12 step meeting for adult children of alcoholics. As I struggled to recover from my depression I became dissatisfied with the psychiatrist whom I had been seeing and decided to find a different doctor. One Saturday after the 12 step meeting I was sharing my experience with a friend from the meeting and told her I wanted to find a new psychiatrist. She told me that she was seeing a psychiatrist whom she highly recommended whose office was in a clinic in Minneapolis. She gave me his name and I made an appointment with him. When I visited the clinic to see him I discovered that there was a woman on staff at the clinic who was offering spiritual direction. I attended one of her information sessions one evening and when the session was over I told her I wanted to see her for spiritual direction.

As time passed and I met with my spiritual director regularly, I realized that this experience was helping me to recover from my depression as much as any of the other actions I had undertaken to help myself. Out of the painful and debilitating struggle I had with depression came the motivation and the opportunity for me to take the step into spiritual direction which I had thought about for such a long time.

When I reflected back on my experience with depression and how it brought me to spiritual direction I came to see and believe that what initially seemed like a series of coincidences was really the mysterious and wondrous grace of God leading me on my way. That grace not only brought me to see a spiritual director but it led to my enrolling in the Sacred Ground Spiritual Direction Certification Program. In the formation component of that program I was deeply blessed to have the opportunity to explore and deepen my faith in the company of other seekers and loving and compassionate teacher-mentors.

Through the darkness into which I had descended I emerged into a life filled with light, love and hope. I am profoundly grateful for and aware of the grace of the Holy One in my life and will continue to discern where that grace is leading me.

*John Moore is a retired attorney, spiritual director and member of Sacred Ground. He completed the formation component of the Sacred Ground certification program in May 2008 and is now participating in the facilitated supervision component. John says that he discovered the spirituality of his Celtic ancestors during his formation work and has been nurturing his "inner Celt" ever since.*



## *Ignatian Exercises*

*A journey to deepen a personal relationship with God*

Over four hundred years ago, Ignatius of Loyola underwent a process of conversion that changed the course of his life. This account of his experiences and plan for sharing them with others became known as the Spiritual Exercises of St. Ignatius or the Extended Ignatian Exercises (EIE).

Although the author and the Exercises were birthed in a different time, the design of the Exercises is flexible enough to be adapted both to the person and the culture in which they are presented, thus the Exercises continue to impact individuals in a profound way.

The Spiritual Exercises provide a process of integrating life and prayer, for coming to a greater freedom of spirit, for deepening a personal relationship with God and for finding God in all parts of life.

Praying the Spiritual Exercises requires a commitment of:

- one hour of prayer each day
- journaling about that prayer experience
- meeting weekly for at least eight months with a spiritual director to share the week's experience in prayer and daily life

Call Sacred Ground for more information on fee and process 651.696.2798

## *A Lenten Walk with God Retreat in Everyday Living*

*An Invaluable Aid in Establishing a Habit of Personal Prayer*

This eight-week scriptural retreat uses the Ignatian method of prayer to help establish personal prayer. You will learn spiritual concepts of St. Ignatius, including several methods of prayer: meditation, imagination and contemplation. Journaling your experience and sharing it with others makes this a deeply rich experience. Participants are asked to commit to daily prayer and being open to the will of God in their daily lives. No previous scripture study or theology background is necessary, only a desire and willingness to know God in your daily life.

Please call 651.696.2798 or go online to [www.sacredgroundspirit.org](http://www.sacredgroundspirit.org) for more information

**Dates: February 23—April 13, 2009**

**Location: Carondelet Center**

**1890 Randolph Avenue**

**Saint Paul**

**Time: 6:30—8:30 pm**

**Cost: \$100**



***Retreat in Everyday Living* will also be offered in the spring at Carondelet Center:**

**Dates: Tuesdays April 14—June 2, 2009**

**Time: 4:00—6:00 pm**

**Cost: \$100**

**Retreats are also scheduled at area churches and community locations as requested. Please call 651.696.2798 for more information on scheduled *Retreats in Everyday Living* or to arrange one in your parish.**



## *The Invitation*

By Oriah Mountain Dreamer from her book *THE INVITATION* © 1999.  
Published by HarperONE, San Francisco All rights reserved.  
Presented with permission of the author. [www.oriah.org](http://www.oriah.org)

It doesn't interest me what you do for a living.  
I want to know what you ache for, and if you dare  
to dream of meeting your heart's longing.

It doesn't interest me how old you are.  
I want to know if you will risk looking like a fool  
for love, for your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon.  
I want to know if you have touched the center  
of your own sorrow, if you have been opened by life's betrayals  
or have become shriveled and closed from fear of further pain.

I want to know if you can sit with pain, mine or  
your own, without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own,  
If you can dance with wildness and can let ecstasy fill  
you to the tips of your fingers and toes without cautioning  
us to be careful, be realistic, or to remember the limitations of being human.

It doesn't interest me if your story you are telling me is true.  
I want to know if you can disappoint another to be true to yourself;  
if you can bear the accusation of betrayal  
and not betray your own soul.

I want to know if you can be faithful and therefore trustworthy.  
I want to know if you can see beauty even when it's not pretty  
every day, and if you can source your life from God's presence.

I want to know if you can live with failure, yours and mine,  
and still stand on the edge of a lake and shout to the  
Sliver of the moon, "YES!"  
I want to know if you can get up after a night of grief and despair  
weary and bruised to the bone and do what needs to be done  
for the children.

It doesn't interest me who you are, or how you came to be here.  
I want to know if you will stand in the center of the fire  
with me and not shrink back.

It doesn't interest me where or what or with whom you've studied.  
I want to know what sustains you from the inside when all else falls away.  
I want to know if you can be alone with yourself and if you truly  
like the company you keep in empty moments.

# *How Do We Sustain Hope? A day of learning and reflection*

*Presenter: Julie Neraas*

**Saturday, March 7, 2009**  
**Time: 9:00 a.m. to 3:00 p.m.**  
**Cost: \$75 includes lunch**

**Carondelet Center**  
**1890 Randolph Avenue**  
**St. Paul MN 55105**

Hope is a vast subject. It crosses every boundary, be it age, race, culture or ethnicity, and it is essential to our vitality as human beings. Some people seem to live without faith; others seem to live without love. But we don't live very well without hope; in fact, to live without hope is to barely live at all. Why is it that some people seem to have hope so easily, and others have to struggle for it?

In our troubled world, the threats to hope are myriad; the front page of most any newspaper is enough to call the question: what are the grounds for hope? And what are resources we can draw on as people of faith to strengthen our hope?

In this retreat day we explore several dimensions of hope; its relationship to help, community, and the imagination, how it is distinct from optimism and a companion to faith. We reflect on our own particular heritage of hope as well as on ways that hope can be lost and how it might be found again. This day will include: presentation, guided listening and writing experiences, poetry and simple ritual.

To register, call 651.696.2798 or go online to [www.sacredgroundspirit.org](http://www.sacredgroundspirit.org) for more information.



*Julie Neraas* is an ordained Presbyterian clergywoman, spiritual director, and associate professor in a graduate program at Hamline University. Her book: *Apprenticed to Hope: A Sourcebook for Difficult Times*, will be published by Augsburg in March 2009. One of the courses she teaches is entitled: The Heritage of Hope.

## *Upcoming Professional Development Events at Sacred Ground*

### **February 17, 2009 Evening Presentation 6:00 to 8:00 p.m. at Carondelet Center**

**Spirituality through Sexuality ... Discovering God's Love through Our LGBT Sisters and Brothers Panel Presentation**  
Come and listen to these sacred stories of love and courage by those who will share with you their personal struggles, insights and the wisdom they have gained in seeking to understand and embrace their LGBT loved ones.

**Deb LeMay**, a certified spiritual director through Sacred Ground and an intern supervisor in Sacred Ground's spiritual direction training program will facilitate the panel discussion.

### **March 17, 2009 Morning Presentation 9:30 to 11:30 a.m. at Carondelet Center**

#### **Holy Ideas of the Enneagram: Weaving Us toward Wholeness**

The wisdom of the Enneagram as a map of transformation, unfolds its richness in its Holy Ideas. We will work with becoming present to this sacred weaving toward wholeness, toward unity in Being.

**Karin Grosscup** has been working as a psychotherapist since 1979 in a variety of settings and as a spiritual director since 1994. She supervises in the Sacred Ground spiritual direction training program and is currently in the training program at the Enneagram Institute with Don Riso and Russ Hudson.

### **April 21, 2009 Morning Presentation 9:30 to 11:30 a.m. at Carondelet Center**

#### **A Process Approach to Jesus, Prayer, and Spirituality**

Process theology attempts to make sense of the belief that God is love, in light of a modern understanding of the world as relational and interconnected. After a brief review of Process Theology, Process approaches to understanding Jesus, spirituality, and prayer will be explored.

**Mike Sirany**, MA (theology) is a certified spiritual director through the Wayzata Cenacle. He teaches and supervises in the Sacred Ground spiritual direction training program and also teaches theology as an adjunct professor at the College of St. Catherine.

No need to pre-register for these events.

Cost: \$15 Sacred Ground Members and College Students  
\$10 for Sacred Ground Students  
\$25 for Nonmembers (sliding fee scale available)

# *Christ of the Celts by J. Philip Newell: A Book Study*

cosponsored by Sacred Ground & Wisdom Ways

Attend this one-time book study focusing on J. Philip Newell's newest book, *Christ of the Celts: The Healing of Creation*. Weaving together the wisdom of writers ancient and contemporary, Newell demonstrates how the Celtic Christ and Creation "share the same center, the same heartbeat." Text: *Christ of the Celts: The Healing of Creation* by J. Philip Newell (Jossey-Boss, 2008) available online or in bookstores. Participants are invited to read the book in advance.



**Facilitators:** Michele Krakowski, Executive Director of Sacred Ground Center for Spirituality; Mary Kaye Medinger, CSJ Consociate Services Team

**Location:** Carondelet Center, 1890 Randolph Avenue, Saint Paul

**Dates:** Select one of the following dates:

Wednesday evening, May 6, 6:30 to 8:30 p.m. or

Thursday morning, May 7, 10:00 a.m. to noon

**COST:** No Fee

Register at [www.wisdomwayscenter.org](http://www.wisdomwayscenter.org) or call 651.696.2788 for more information.

## *Spirit with You: A Celtic Way of Peace with J. Philip Newell* A Four-Day Event — May 19-21, 2009

This four-day event is cosponsored by Westminster Presbyterian Church, Hennepin Avenue Methodist Church, Sacred Ground Center for Spirituality, Wisdom Ways Center for Spirituality, Pilgrim Lutheran Church, Episcopal House of Prayer, Hamline University's Center for Spirituality, ARC Retreat Center, Christos Center for Spiritual Formation, and ARC Retreat Center.

### **May 19, 9:00 a.m. to 1:00 p.m. A morning with J. Philip Newell at Hennepin Ave. Methodist Church**

Newell will lead us through his latest book, *Christ of the Celts: The Healing of Creation*, emphasizing what it means to be creations of the Holy, as he offers us the gift of Celtic spirituality for our time.

Register at [newell@haumc.org](mailto:newell@haumc.org) Cost: \$30. Lunch also available for \$10

**May 19, 7:30 p.m. Evening Concert at Mayflower United Church of Christ** at 35W & Diamond Lake Road, Minneapolis with the music of Marty Haugen and the poetry of J. Philip Newell. Go to [www.mayflowermpls.org](http://www.mayflowermpls.org) for more information. Cost: \$10 at the door

### **May 20, 9:00 a.m. to 1:00 p.m. Sacred Conversations – Longing for Healing and Wholeness, A Professional Development Event (cosponsored with Wisdom Ways)**

at Carondelet Center, 1890 Randolph Avenue, St. Paul. Central to Philip's writing is that love is at the heart of our transformation and healing of the world. What do we do when our heart is captured by love, and how does this impact our relationship with others and all of creation?

Come for a rich experience of Celtic Spirituality. Register at [www.wisdomwayscenter.org](http://www.wisdomwayscenter.org) or call Sacred Ground 651.696.2798 for more information. Cost: \$40 includes lunch

**May 20, 6:51 p.m. Celtic Prayer Service at Pilgrim Lutheran Church**, 1935 St. Clair Avenue, Saint Paul with Celtic music and homily by J. Philip Newell. Cost: Freewill offering

### **Thursday, May 21, 9:00 a.m. to 2:00 p.m. Episcopal House of Prayer Retreat**

at Westminster Presbyterian Church, 12<sup>th</sup> Street & Nicollet Mall, Minneapolis.

A contemplative experience focused on the scriptural injunction to "Let Christ's peace reign in your hearts ..." Col. 3:15. Philip Newell offers reflections from the Celtic spiritual treasury, along with guided "heart meditations" led by House of Prayer Director Ward Bauman. Register at [www.ehouseofprayer.org](http://www.ehouseofprayer.org) Cost: \$40 includes lunch

**Thursday, May 21, 7:00 p.m. The World Premiere of A Celtic Mass for Peace** at Westminster Presbyterian Church, 12<sup>th</sup> Street and Nicolet Mall, Minneapolis, featuring the poetry of J. Philip Newell & the music of Sam Guarnaccia. Go to [www.ewestminster.org](http://www.ewestminster.org) or call 612.332.3421 for more information.



# Sacred Ground Donor List

## for Fiscal Year June 1, 2007 through May 31, 2008

*“For all the people of the earth, the Creator has planted a Sacred Tree under which they all may gather, and there find healing, power, wisdom and security.”*  
*The Sacred Tree by Judie Bob, et al*

Between June 1, 2007 & May 31, 2008, **Sacred Ground Center for Spirituality** received \$26,075.50 from individuals, corporations and the United Way. Part of this total amount included gifts from spiritual directors, teachers, and supervisors who generously shared their director fees and stipends with **Sacred Ground**. We sincerely thank you for helping to nurture the continued growth of our ministry. We truly appreciate all your contributions, and we apologize if we missed your name. Please contact our office so we can correct our records.

|   |   |  |
|---|---|--|
| <p><b>\$5,000 +</b><br/> <i>Cyprus Tree Givers – used by Noah to build the Ark</i></p>  | <p><b>\$250 - \$499</b><br/> <i>Cedar Tree – Symbol of Christ and the concepts of beauty and majesty</i></p>  | <p>Anne Heileman<br/>           Bonnie Hugeback<br/>           Rose Huntley<br/>           Kay Johnson<br/>           Barb &amp; Charles Keffer<br/>           Rev. Barbara Kellett<br/>           Maggie Klaers<br/>           Lynn Knapp<br/>           Joann Kruckeberg<br/>           Virginia &amp; Thomas Larson<br/>           Deborah LeMay<br/>           Matt Linn SJ<br/>           Loyola Spirituality Center<br/>           Joseph Lyman<br/>           Clare Maturen<br/>           Charlene &amp; Jim Murphy<br/>           Cathy Nordheim<br/>           Patrick O’Connor<br/>           Mary Treacy O’Keefe<br/>           Kathleen &amp; Ed Ogrin<br/>           Ollie Rose Olson<br/>           Carol Peterson<br/>           John Pikala<br/>           Chad Quaintance<br/>           Dick &amp; Rosemarie Rice<br/>           Carol Schoenecker<br/>           Mary Anne &amp; James Seaton<br/>           Robert Seidel<br/>           Terrence Shaughnessy<br/>           Richard Sjowall<br/>           Jane Soshnik<br/>           Peg Thompson<br/>           Jill Tollefson<br/>           Christine Treanor<br/>           Darlene Tucker<br/>           Paul Tuckner<br/>           Kathy Wallenta</p> |
| <p><b>\$2,500 - \$4,999</b><br/> <i>Sycamore Tree – used by Zacchaeus to see Jesus</i><br/>           Delores &amp; Kenneth Olson<br/>           Donna Welsh</p>  | <p>Tracey Oxborough<br/>           John Reichert<br/>           Mike Sirany</p> <p><b>Up to \$249</b><br/> <i>Palm Tree – Symbol of joy, happiness and life to come</i></p>   |  |
| <p><b>\$1,000 - \$2,499</b><br/> <i>Oak Tree – symbol of strength and endurance</i><br/>           Martha Beckwith<br/>           Connie &amp; Al Draves<br/>           Emma &amp; Al Hofstede<br/>           Milly &amp; David Johnson<br/>           Anne Mauley<br/>           Tracy &amp; Bruce Mooty<br/>           Janet &amp; Peter Spokes<br/>           Sandra Skach</p> | <p>Beth Andrews<br/>           Kathy Barthel<br/>           Marilyn Benson<br/>           Nell Black<br/>           Katherine Brown<br/>           Jacqueline Syrup Bergan<br/>           Patricia Campion<br/>           Mary Lou Carpenter<br/>           Phyllis &amp; William Cavanaugh<br/>           Dawn Cogger<br/>           Nora Collins<br/>           Leigh Crump<br/>           Susan Engh<br/>           Mary &amp; David Engel<br/>           Phyllis Evans<br/>           Susan &amp; Tom Fast<br/>           Kay Fellows<br/>           Rev. Leonard Freeman<br/>           Mary Gallagher<br/>           Diane Gardner<br/>           Marsha Gould<br/>           Ammie Gronert<br/>           Karin Grosscup<br/>           Merle Harlan</p> |  |
| <p><b>\$500 - \$999</b><br/> <i>Olive Tree – symbol of peace and spiritual richness</i><br/>           Mary &amp; Ernest Dorn<br/>           Helen Hoekstra<br/>           Nancy Koski<br/>           Michele &amp; Lawrence Krakowski</p>  |   |  |

# The Hidden Lilies

Excerpt from the forthcoming book, *Let My Words Be Sweet Upon You: Letters from Grandmother God* by Emma Hofstede

Our shoreline at the lake cabin was restored to its natural habitat about ten years ago. Now it is in full bloom with honeysuckle bushes, birch and pine trees, and beautiful native flowers.

A few days ago we discovered, hidden among the high growth, a patch of golden lilies. There they were, in all the glory of lilydom. You had to push the grasses aside and peek in to see their glory. Grandmother God loved them. She would go and look at them and smile. I showed them to my neighbor as if we had something so special and beautiful to share.

Here's the story. A young family came to use our shore to fish. The two little children ran wild as if they were in a public park. As they were leaving, they discovered the lilies and uprooted them and ran. I cannot tell you how that affected us. It was a typical child thing to do, to pick flowers but somehow it left us feeling sad.

I asked Grandmother God why she thought it touched us so deeply. She never has pat answers. She said, "Honey, close your eyes. Can you see the lilies? They are not gone; they are blooming inside of you." She said, "No one can take the beauty you have stored in your memory. Yes, it was fun to see them secretly growing there, but now they are hidden deep within you. There they are free to blow in the wind and give off their beautiful fragrance. They will never die or be uprooted from your heart." She remembered a quote she liked from John Keats, "A thing of beauty is a joy forever."

Grandmother God is like the lilies. She lives inside of you giving off the sweetness of her presence. She hides deep down in the crevices of your heart. To see her, just push aside whatever is hiding her, and there you will find your own Grandmother God bursting with golden lily love.

**Emma Hofstede** is a certified spiritual director for Sacred Ground, and a former social worker and teacher. Emma spends much of her free time writing and drawing, and is currently seeking a publisher for her latest book *Let My Words Be Sweet Upon You: Letters from Grandmother God*.



1890 Randolph Avenue  
Saint Paul, MN 55105-1700  
Phone: 651-696-2798 Fax: 651-696-2742  
Email: [sacredground@sacredgroundspirit.org](mailto:sacredground@sacredgroundspirit.org)  
Website: [www.sacredgroundspirit.org](http://www.sacredgroundspirit.org)

**Non-Profit Org.  
U.S. Postage  
PAID  
Permit No. 6015  
St. Paul, MN**

## TABLE OF CONTENTS

|  |    |
|--|----|
| Spiritual Director Formation Program         | 2  |
| Interested in Beginning Spiritual Direction  | 2  |
| The Strong Part Remains                      | 3  |
| God's Hand at Work                           | 4  |
| Showing and Building                         | 5  |
| My Mysterious Journey to Spiritual Direction | 6  |
| Ignatian Exercises                           | 7  |
| A Lenten Walk with God & REL Offerings       | 7  |
| How Do We Sustain Hope Retreat               | 9  |
| Upcoming Professional Days                   | 9  |
| J. Philip Newell Events                      | 10 |
| 2007-2008 Donor List                         | 11 |
| The Hidden Lilies                            | 12 |