



Questions as you embark on your summer

- Where do I feel spiritually worn thin or where am I becoming brittle ... and what might help to restore my resilience?
- What prayer, meditation, mindfulness practice, worship, and / or spiritual ritual practices have I found myself dropping that I would like to reclaim? How and when will I do that?
- What creative practices / outlets have I given up or put off in the business of my year ... drawing, writing, photography, music, martial arts, carpentry, cooking, gardening, dance, the gym... and how might I reconnect with this practice / outlet again in a meaningful way?
- What would *restorative time* look like for me? What do I really need?
- How might life be healthier for me this summer? How will I care for my body, mind and spirit?
- What relationships do I hope to nurture in the summer months? How can I engage that *intentionality in relationship* in a way that will also respect and nurture my own well-being?



Other resources for summer spiritual practice

A note: remember... you need not subscribe philosophically / theologically to all aspects of the beliefs expressed in the resources offered in order to use the practices.

- **Sacred Heart Meditations:** Seeing with the eyes of the heart: <http://sacredartmeditations.com/>
- **Gardening as a Spiritual Practice:**
 - * Spirituality and Practice website <http://www.spiritualityandpractice.com/blogs/maps.php?id=15669>
 - * The Spirituality of Gardening by Donna Sinclair, Wood Lake Publishing Inc.
 - * Blog post by Henri Lock <http://www.timescolonist.com/opinion/blogs/spiritually-speaking-1.61091/the-spirituality-of-gardening-1.673409>
- **Spirituality and Food**
 - * Soul Kitchen—<http://www.psychicsuniverse.com/articles/mind-body/diet/nutrition/soul-kitchen-spirituality-and-food>
 - * Re-connecting with food—http://bismarcktribune.com/lifestyles/faith-and-values/re-connecting-spirituality-and-food-through-conscious-consumption/article_6a89c880-4890-11e3-82a4-0019bb2963f4.html
- **Earthing Meditation—(barefoot meditation)** <http://www.care2.com/greenliving/the-healing-benefits-of-walking-barefoot.html>
- **Mandala Art: Drawing your way to wholeness** <http://spiritualityhealth.com/articles/mandala-art-drawing-your-way-wholeness>

FROM THE DESK OF
LORNA MACQUEEN
MINISTER-FAITH FORMATOR FOR
DISCIPLESHIP



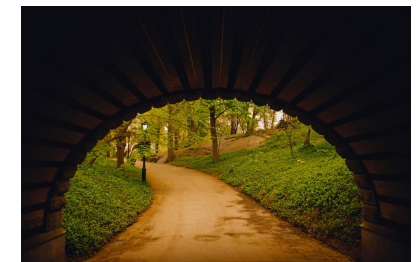
HAMILTON CONFERENCE

**TOWARD
DARING DISCIPLESHIP**

J U N E 2 0 1 4

*An invitation to
Summer
Spiritual Practice—*

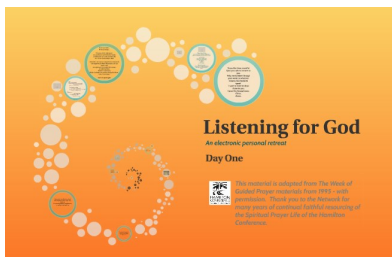
**Pilgrimage and Retreat
In your own time
In your own way**



Online retreat: *(free)* 'Listening for God'

Hamilton Conference is offering an online, electronically delivered retreat this summer. It has a flexible time frame.

Free online registration will be available through the Conference Website: <http://hamconf.org/>. You MUST register in order to participate. Once you have registered, you will receive an introductory document which will explain in further detail how the retreat works and the Prezi application that will be used for the retreat. In the retreat week (July 14-20) you will receive a notification, link and access to a daily Prezi presentation which will be available to you online. The material will lead you through a retreat format with scriptures, prayer, and invitations to journaling or meditation. You can access this material from your computer in your own time and at your own speed.



Prezi is an online application which will require a one-time FREE registration. There will be no download necessary.

The daily link will remain active through to the 22nd of August. If you are unavailable in July you can save up the links to access them later. You will be able to access the material anywhere that you have online capabilities. The links will be closed on August 22 and no longer accessible.

This retreat is free of charge and the material is based on Week of Guided Prayer Network materials from past years. We thank the Week of Guided Prayer Network for making their materials available to be offered in this format.

Register at <http://www.hamconf.org/> 'Online Retreat: Listening for God'

If you are unfamiliar with PREZI check it out at:

A Pilgrimage companion

Free online: <http://gryjhnsn.tripod.com/santiago/fortydays.pdf>

Forty Days: A Devotional Companion

This resource was prepared and is offered as a companion to the Spanish pilgrimage of Santiago de Compostela. It is a non-geographical specific resource, however, that can be used for any walking or cycling journey.



Walking or biking any of the wonderful trails in Ontario or journeying through one of our amazing Canadian parks on foot, or bike or even by car, a tool such as this enables us to visit less as a tourist, or sightseer, and more as a pilgrim who seeks to connect to the place and our own body, heart, spirit and Creator.

The author suggests that this resource might also be used without any physical pilgrimage at all.

"The pamphlet is written with 40 days in mind, 40 days that will include the actual journey, but also will include devotions for short periods before and after the journey.

There are two Bible passages for each day beginning one week before the actual departure on the camino. There also are some extra selections at the end of the book.

It may not be possible for you to make an actual pilgrimage. If you cannot make the journey, you might even choose imaginary departure and arrival days, and follow the recommended texts. Remember that the journey is meant to be a reminder that life itself is a pilgrimage. This sense will grow in you, if you read the selections for forty days from the viewpoint of a pilgrim."

The Resource: *Forty Days: A Devotional Companion for the Pilgrimage to Santiago de Compostela.* Bible verses selected by Gary T. Johnson: <http://gryjhnsn.tripod.com/santiago/fortydays.pdf>

This particular resource is a 'devotional companion, which uses biblical accompaniment. Alternatively you might use writings from Christian Mystics, or another spiritual resource to turn a 'trip' into a 'pilgrimage'.

Labyrinth

Labyrinths have been around for over four thousand years and are found in many incarnations in varied religious traditions.

During the crusades, they were used to symbolically represent the pilgrimage to the Holy Land. Today, they are often used for reflection, meditation, prayer and comfort. They are found in many sizes and shapes, and are created in a multitude of mediums.

Normally a Labyrinth is walked alone, but group walking is also an interesting experience. Some people use the walk for centering. Others choose to meditate on a concern, or enter into a time of deep inner stillness even while walking. For some it is a place of prayer and it may symbolize entering personal inner sacred space. Sometimes walking the labyrinth may become a profound spiritual journey and at other times it is simply a quiet time set apart.

A possible summer spiritual practice:

- Journey to a Labyrinth
- Create your own personal or community Labyrinth

For more information regarding labyrinths, resources on labyrinths and constructing a labyrinth see The World Labyrinth Society Webpage : <http://www.labyrinthociety.org/>



This site also has a world-wide **labyrinth locator** for those who might like to explore some labyrinths not yet discovered. They include a good list of Ontario based labyrinths, but if you have one not yet included... let them know!