



**Living Spirituality Connections**  
Resources for spiritual journeys

## EVENTS SUMMER 2020

Compiled by Living Spirituality Connections

All events except one are online

[www.livingspirit.org.uk](http://www.livingspirit.org.uk)

**Thursdays 25 June, 2, 9 and 16 July, 10 – 2.30. Restorative Practices for Challenging Times.** Led by **Linda Courage**. £20 for the series, on Zoom.

Bookings: <http://www.stbedes.org.uk>

These sessions will offer space to gently experience and explore practices which can help restore us and build resilience in these challenging times and circumstances.

Session 1: Introduction & exploring the restorative qualities of our breathing

Session 2: Connecting to our heart centre and opening to compassion for ourselves, others and the world

Session 3: Discovering the gifts of connection with a valued wisdom figure

Session 4: Exploring rhythms and seasons.

**Linda Courage** trained in nursing, is a member of the Abbey for the Arts, and is coordinator for Living Spirituality Connections' Arts & Spirituality area. Linda has a heart for encouraging and guiding others in practices which help to reconnect us to ourselves and restore our vitality and aliveness.

**Sat 27 June 10-2.30 The Great Pause'** with **Julia MacDonald & Iona Reid-Dalgleish**  
£15. On Zoom. Booking: <http://www.stbedes.org.uk>

This time of crisis arising out of the COVID-19 pandemic has created what some are

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terming, 'The Great Pause' - 'liminal' space that offers us a moment to stop, breath, reflect and re-frame. We will seek to open up and begin to explore together:

- \* our own personal experiences of this time of enforced slowing and re-framing – reflecting on the challenges and the opportunities that seem to be presenting themselves in our immediate contexts
- \* how this particular and exceptional moment in our global human experience might relate to greater transformational movements which are calling us to 'ecological' conversion – into a future which will be sustainable for the planet and life-giving for all members of the life-community on earth
- \* creative ways of inhabiting liminal spaces and times, individually and collectively.

The workshop will include a mix of input, opportunity for personal reflection and small group conversation as part of an interactive whole group experience.

**Julia MacDonald** is Director of St. Bede's, trained in spiritual accompaniment with a particular interest in Ignatian spirituality, ecology, embodiment and the creative process. **Iona Reid-Dalgleish** is a nomadic Spirituality Worker for the Jesuits involved in exploring and offering new and creative training and formation opportunities.

**30 June The Time is Now Mass virtual Parliamentary lobby on Climate Change**, organised by <https://www.theclimatecoalition.org/>

Last year we made history together with The Time Is Now: the biggest ever mass lobby for climate, nature and people. 12,000 people from all walks of life travelled to Westminster to talk to their MPs about how the UK needs to tackle climate change and nature's decline. We are now coming together for a virtual lobby, inviting you, and thousands of others to ask MPs to put people, climate and nature at the heart of our nation's recovery. We can rebuild a resilient economy that benefits everyone in society and tackle climate change & nature's decline; creating jobs and protecting the most vulnerable in the UK and around the world. Or we can let the moment for change pass us by, go back to old ways and wait for new crises to hit.

**Tuesdays 30 June, 14 July and 28 July Holding Real Hope.** From 9.50 for 10 - 11.30am  
A series of on-line Zoom events for body, mind and spirit led by **Helen Warwick**.  
<http://www.holyroodhouse.org.uk/>

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Holistic sessions exploring creatively in ways relevant to these uncertain times. Helen will offer ideas, wellbeing, poems and prayers. Helen is author of ***Finding your Inner Treasure***, and ***Creating Gardens in the Desert***.

**30th June - Finding the Way,**

**14th July - Finding the Way of Hope**

**28th July - Finding the Way with Wonder.**

There will be space for your own reflections within this time, pauses for you to connect to what is right for you.

The suggested donation for each event is £10 - £15. Maximum number of 12 guests for each event. For more details and to apply please email [enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk)

**Sat 4 July Living Spirituality Connections Midlands Group** from 12 noon via Zoom.

**Spiritual Insights during Lockdown - a discussion.** New members are welcome.

To be sent the Zoom link, or for more information, email Anne Gardner, LSC's Midlands regional contact: [a.gardner@me.com](mailto:a.gardner@me.com)

**Sat 4 July 11 - 12.30 Speaking from the Heart.** A CANA conscious conversation via Zoom.

<https://www.cana.org.uk> Christians Awakening to a New Awareness.

We will explore what is emerging for each of us in these times. What is on our hearts? What is developing for each of us?

To be sent the Zoom link email [info@cana.org.uk](mailto:info@cana.org.uk). If you want to join the call from your phone (home or mobile) ring Bill on 01895 639476 ahead of time.

**July 6-August 23 Earth, Our Original Monastery – an online companion retreat to the book** led by **Christine and John Valters Paintner, and Betsey Beckman.**

<https://abbeyofthearts.com/programs/earth-monastery/>

***Earth, Our Original Monastery*** is a book that invites you to not just read and digest, but to enter into and immerse yourself in a set of practices that help to embody a renewed way of being in relation to the natural world. Filled with reflections on how contemplative practice and creative expression can break open the divine presence in new ways and deepen our love for Earth.

*Do you long to deepen your intimacy with nature?*

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*Are you seeking a set of Earth-cherishing practices inspired by the mystics?  
Have you experienced Earth as your primary place of connection to the divine?  
Do you want to immerse yourself in a revolution of love to help transform ourselves  
and our communities?*

Join our community offering of this online retreat with a forum for conversation and shared reflection, a series of songs that accompany each theme with movement prayers, suggestions for herbal practices, visual art-making, and poetry writing along with meditations and contemplative walks inviting you to be in nature in a particular way.

See the Abbey of the Arts website for details of donation levels for this course.

**Tuesday 7 July morning or Thursday 9 July evening. Start of Radical Presence – New Green Christian 7 session online course on Zoom. Author: Paul Bodenham.**

<https://greenchristian.org.uk/radical-presence/>

The Coronavirus pandemic marks a threshold to a very different future. But will that future be better or worse? In Green Christian we're getting people together to claim the post-viral age. Radical Presence is a short programme of conversations, in which we'll listen for God's word in this time of pandemic. Covid-19 is forcing existential questions upon us: not only about our own survival or that of our loved ones, but about the deepest values on which our society is founded. Will our civilisation get back to normal? Or was normal already finished? What kind of community are we learning to be? What kind of work really matters? When the siege is over, how do we want to emerge?

In **Radical Presence** we'll learn from our faith, scripture and Covid-19 how to tackle the crisis that looms behind it – environmental breakdown. Joining in a short programme of weekly conversations, we'll listen for God's word in this time between worlds, in the company of each other and of contemporary writers and desert prophets. Each group will meet for 60-90 minutes at the same time each week for seven weeks. Taking part in Radical Presence won't cost you anything. You are asked to join Green Christian. You will just need your own computer, tablet or telephone and have internet access. Together we will build a growing movement of people demanding a 'sane emergence' from this crisis.

**July 6 – 31 Time Out of Ordinary Time with Wayne Muller.** An E-Course on Finding Meaning amid the Pandemic. Sabbath practices to comfort, nourish, and prepare us to re-dream the world in a time of pandemic. **Wayne Muller** is a Minister, therapist, and leadership mentor, and co-founder of Bread for the Journey. \$59.95.

Further details and booking from Spirituality and Practice, based in Canada:

<https://www.spiritualityandpractice.com/ecourses/course/view/10270/time-out-of-ordinary-time>

**10-12 July Just Passing Through** with **Sue Brayne**. Workshop at Ammerdown, near Bath. <http://www.ammerdown.org> Physical distancing will be in place for this event.

Explore the impact Covid-19 is having on our relationship with life and death. Confronting our fear of death and accepting our physical mortality, Sue believes, helps us develop a much more conscious way of living. This empowers us to build connection and communion within ourselves, with our community and with the wider world. Sue is author of **Living Fully, Dying Consciously**.

**August 3 – 28 Dark Nights of the Soul** with **Thomas Moore**

Concrete ways to make sense of dark nights like the COVID-19 pandemic and discover life-transforming benefits from them. **Thomas Moore** is author of the number one *New York Times* bestseller ***Care of the Soul***. \$59.95.

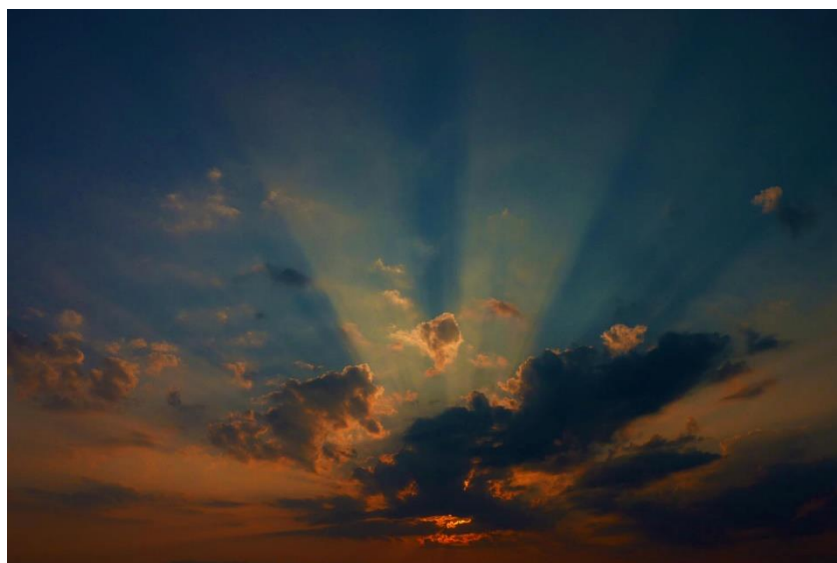
Further details and booking from Spirituality and Practice, based in Canada:

<https://www.spiritualityandpractice.com/ecourses/course/view/10271/dark-nights-of-the-soul>

**“Singing for Cosmic Peace - musicking the world” Virtual Interfaith Choir for Peace** – meeting online. Created by Rev Professor **June Boyce-Tillman**. For details of when the meetings are, and about the music, email [Neil.Valentine@winchester.ac.uk](mailto:Neil.Valentine@winchester.ac.uk)

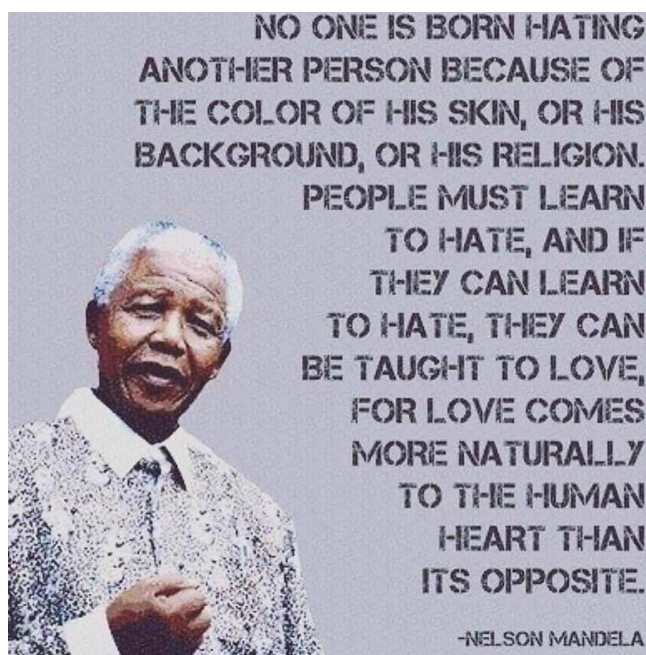
Instead of working against any time lag the internet has, this way of musicking actually utilises it to create beautiful harmonies. We will celebrate each other, our connections, our music, our singing and promote peace in these difficult times. All are welcome.

From **September 1 to October 4**, Christians around the world celebrate the **Season of Creation**. <https://seasonofcreation.org/>



The Season of Creation is a time to slow down and focus on what matters. During this special time each year, we repair and restore our relationships with each other and with all creation. The suggested theme for this year is “Jubilee for the Earth.” In the long Christian tradition of jubilee as a time of restoration, we’re repairing our relationships with each other and all creation. Many online resources are available via the website.

## Resources for overcoming racism



**Black Lives Matter** <https://blacklivesmatter.com/>

We are expansive. We are a collective of liberators who believe in an inclusive and spacious movement. We also believe that in order to win and bring as many people with us along the way, we must move beyond the narrow nationalism that is all too prevalent in Black communities. We must ensure we are building a movement that brings all of us to the front.

**Churches Overcoming Racism.** World Council of Churches.

<https://www.oikoumene.org/en/what-we-do/racism>

The WCC challenges the churches to address racism in their own structures and life, and draws on their work and experience in this struggle.

**Resources for Unlearning and Transforming Racism** compiled by the **Network for Grateful Living** <https://gratefulness.org> go to:

[https://gratefulness.org/featured\\_resources/resources-for-unlearning-and-transforming-racism/?mc\\_cid=cd9bdd448a&mc\\_eid=f43e30fe23](https://gratefulness.org/featured_resources/resources-for-unlearning-and-transforming-racism/?mc_cid=cd9bdd448a&mc_eid=f43e30fe23)