



*Mennonite Spiritual Directors  
Of Eastern Canada*



**Christ is risen! Christ is risen indeed! Alleluia!  
Happy Easter!**

**April 2021**



### **The Cross of Love**

*Inner Journey Blog Post*

By Gord Alton

Within the Christian Church there is a fascination with Easter. The resurrection of Jesus from the dead and the notion of Eternal life are often seen as the centre of the Christian good news. As a result, the stories and events that lead up to Jesus' death on the cross are often glossed over in our excitement to get to the celebration of Easter. And yet, the secret to people having resurrection experiences, that is, tastes of eternal life here on earth, is tied to the pathway that Jesus followed that led him to the cross. I think this is why Jesus stressed to his listeners, "If you want to become my followers, you must deny yourself and take up the cross and follow me" (Mark 8:34). But what does it mean to take up the cross and follow Jesus? What does it mean for Jesus to die for the sins of humanity so that humans can experience Eternal life? In this blog, let me share a different response to what has often been taught in churches.

[Click here to read on.](#)

### **April Retreats**

This April **Gord Alton** is leading two Saturday Zoom retreats through Renison University College:

-Apr 10 Longing for Wholeness: The Theory of Holes

-Apr 24 Inner Freedom: Getting Space from the Inner Critic

[Click here to learn more about the retreats and register.](#)

# Nine Journeys of the Soul:

A Virtual Enneagram Retreat

June 3-6, 2021

Hosted by Loyola House

## 9 Journeys of the Soul: An Enneagram Retreat

Virtual Retreat - June 3-6, 2021

Hosted by Loyola House

Facilitated by Tamara Shantz

The Enneagram illuminates nine different journeys of the soul; nine particular ways that we experience disconnection from God and our deepest selves, and nine paths through which the Spirit is inviting us back home.

This retreat will explore these nine journeys of the soul in conversation with the Biblical story and your lived experience. In daily teaching sessions, spiritual director and Enneagram teacher, **Tamara Shantz** will introduce you to the Enneagram as a spiritual tool. Each day will include prayer practices and reflective activities related to the teaching, as well as the option of gathering with a small group to reflect on your experience.

For more information and registration go to:

<https://ignatiusguelph.ca/event/9-journeys-of-the-soul-an-enneagram-retreat/>

**Get to know MSDEC Directors**



**Ralph Brubacher**  
St. Jacobs, ON

*Individual Spiritual Direction*  
*Group Direction*  
*Running and Spirituality Series*  
*Silent Retreats*

[\*\*Extended Profile\*\*](#)



**Tamara Shantz**

Kitchener, ON

[www.tamarashantz.com](http://www.tamarashantz.com)

(Zoom, Skype, FaceTime & phone sessions available)

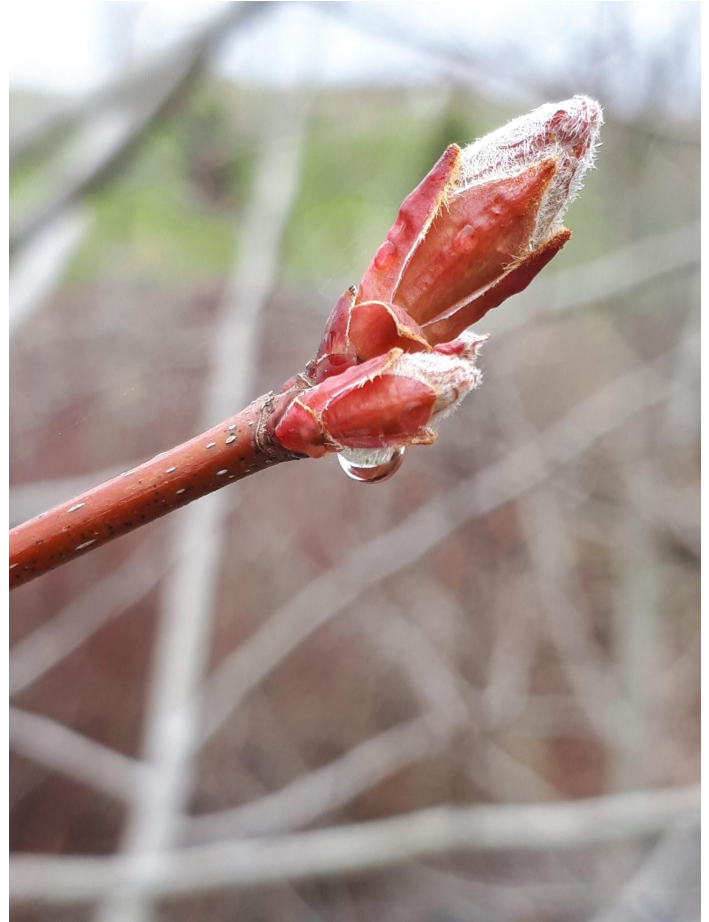
*Individual spiritual direction*

*Enneagram Workshops and Consultation*

*Ignatian Spiritual Exercises*

*Retreat facilitation*

**[Extended Profile](#)**



**<http://mennospiritualdirectors.weebly.com>**

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## **Mindfulness, Creativity & Spirituality Within Expressive Arts**

With **Marybeth Leis Druery**

ONLINE with Haliburton School of the Art & Design

Saturdays - June 5 and 26; 9:00 am - 4:15 pm

Mondays and Wednesdays - June 7 to 30

6:30 pm - 9:00 pm

**Description:** Connecting mindfulness, spirituality and creativity will be explored through expressive arts experiences in this reflective, contemplative and creative course. Through meditation, guided visualization, art making, movement, silence, sound and writing, you will work both indoors and out in the natural world to connect to self, community, spirit and nature to develop a personal practice of the contemplative and creative, centred self.

This retreat-like course will appeal to those who are searching for a deepened connection to a self-care practice, and those who are working in human service fields such as spiritual companionship, medicine, social work, therapy, ministry, arts facilitation, and more. You will learn to facilitate the activities that you experience in the course, such as leading mindfulness practices or facilitating self-awareness and spiritual practices through expressive arts which include a wide range of media such as music, movement, dance, and visual art. For more information go to:

<https://flemingcollege.ca/continuing-education/courses/mindfulness-creativity-spirituality-within-expressive-arts>