



Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Maya Angelou

February 2021



Rethinking the Day of Judgment and the Afterlife

Inner Journey Blog Post

By Gord Alton

This past fall in my new role as Spiritual Care Provider to palliative care clients in the community, I visited a man who was terminally ill with cancer. He was quite anxious about his pending death because of his view of the afterlife. In this blog, I want to outline how I, as a Christian spiritual director, have come to understand the judgement process and the afterlife.

[To continue reading, click here.](#)



Looking for a spiritual director?

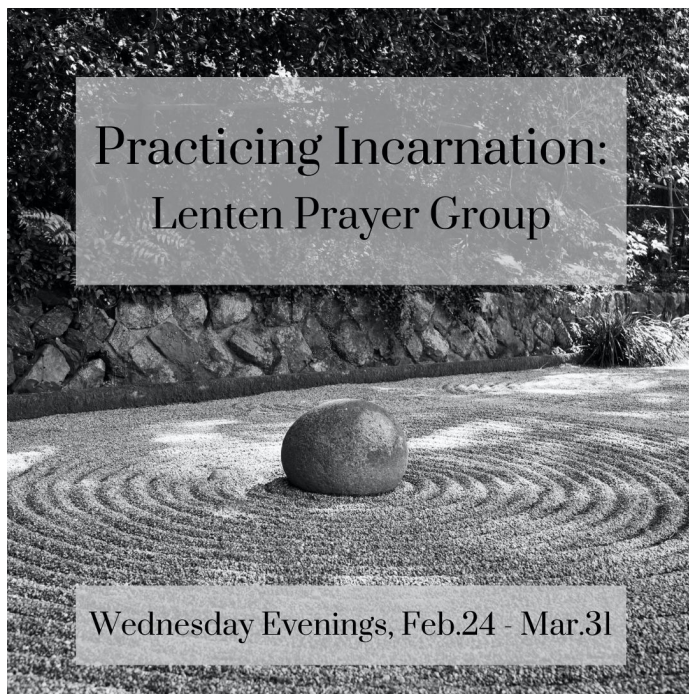
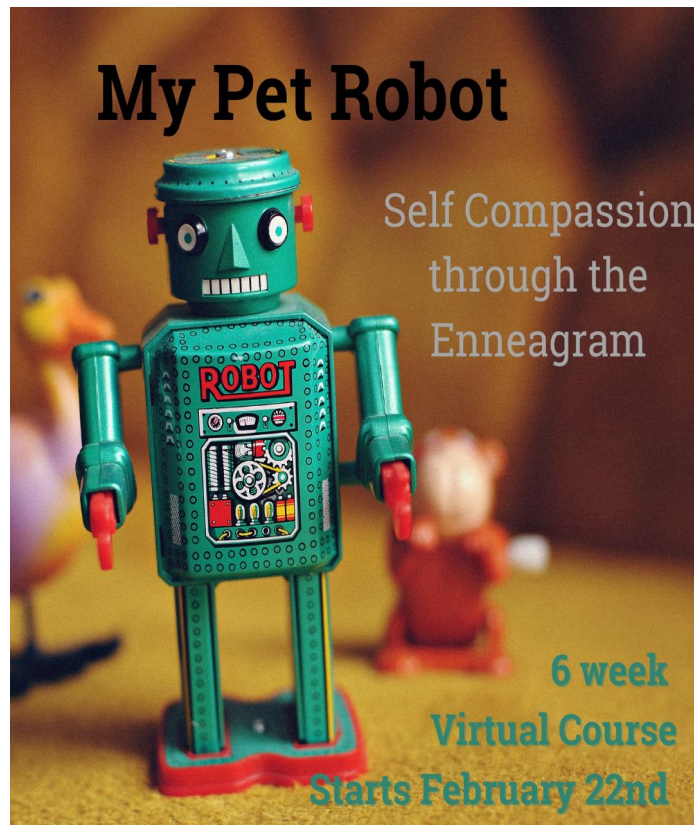
MSDEC offers an [online directory](#) of over 25 spiritual directors who are currently available to meet with you to explore spiritual companionship.

My Pet Robot:
Self Compassion through the Enneagram

6 week Zoom class
Monday evenings, 7:00-9:00 pm
starting on Feb.22

Early Bird Pricing until February 8th - \$225

Too often, we make our way through life in auto-pilot mode. We have habitual patterns of thought, feeling, and action that operate without our conscious engagement. It's like we have our very own pet robot (aka our personality). A central part of inner work with the Enneagram is becoming better acquainted with, and befriending, the pet robot within. This course is focused on teaching, practices, and group processes that will take you deeper into the practice of self-compassion through the Enneagram. It is intended for those who are already familiar with their basic type.



Practicing Incarnation
Lenten Prayer Group

Wednesdays, Feb.24 - Mar.31, 7:30-8:45 pm
Zoom, Pay What You Can (Suggested: \$60)

Join Tamara Shantz for a weekly space of engaging our imaginations and bodies in prayer this season of Lent. We will open each week with a simple movement prayer, and then pray our way through the Gospel stories of Lent with the practice of Gospel Contemplation (entering the story through the imagination as if we were there).

For more details and to register:

www.tamarashantz.com/practicing-incarnation-group-lent/



Once again **Mennonite Spiritual Directors of Eastern Canada** are offering a **Lenten Guided Prayer** resource: **“Deep Calls to Deep.”** Rooted in the Lectionary Scripture texts for the season and inspired by the worship themes of [Leader Magazine](#), Lenten Guided Prayer invites you into deeper engagement with God, scripture, yourself, one another, and the world.

Each of the six weekly prayer sheets offers questions for reflection and several prayer activities that invite you to go deeper, to that place within where you experience God’s calling from even greater depths of mystery and grace. You will be encouraged, in the midst of uncertainty, to respond to, and find security in God’s call to relationship, commitment, wisdom,

healing, growth and hope.

Lenten Guided Prayer also provides guidance for small group facilitation, including an opening and closing liturgy, should you have the opportunity to meet with a small group (in person or online) to share in your Lenten journey.

There is also a **Congregational Resource Packet** containing all the resources needed for planning a **Lenten Guided Prayer** experience at your church including ideas for how LGP may be used, a guide for participants, a sample Prayer Sheet and a bulletin announcement.

Registration: This year **Lent begins on Wednesday, February 17, 2021.** You can sign-up for this year’s **Lenten Guided Prayer** by following [online registration](#) or through the [CommonWord website](#).

Cost: The cost is \$20 for individuals (\$10 for students) and \$40 for groups/congregations. Once registered, our registrar will email the weekly Prayer Guides along with the invoice.

Format: Once again, we are offering the Prayer Guides in two formats: as a 5 ½ by 8 ½ booklet or individually in a 8 ½ by 11 format (ideal for emailing weekly to participants).

Questions: Please contact mennospiritdir@gmail.com if you have any questions.

Get to know MSDEC Directors



Tanya Dyck Steinmann
Bright, ON

One-on-one spiritual director
Women's retreat leader
Wilderness backcountry trip leader

Extended Profile

Bob Nally
Waterloo, ON

Margaret Nally
Waterloo, ON

Gloria Shantz
Waterloo, ON

Use website below to find contact information

<http://mennospiritualdirectors.weebly.com>
mennospiritdir@gmail.com

Coming soon! An opportunity to connect with others who share your interest in **spirituality and aging**. Due to the pandemic, the 9th **International Conference on Ageing and Spirituality** is moving online. This is a wonderful opportunity to engage with fellow scholars and practitioners around the world, without concern about distance, travel arrangements or expense!

The conference theme, ***Vital Connections: Claiming voice and learning to listen***, invites conversation about communication, communion and community in the context of aging and spirituality, issues that are increasing in importance in these pandemic times.

Conference sessions will occur through Zoom on seven occasions (90 minutes each) between June 8th and June 22/23, 2021.

Visit the **[conference website](#)** to learn more about the theme and plenary speakers, and find our **[call for abstracts](#)**, today! (deadline for submissions - March 15). **[Registration](#)** (\$65 CAD) is now open. Please share this email widely throughout your networks. Hope to see you online!

Jane Kuepfer, on behalf of the ICAS international planning team

