



The season following Epiphany has become for me a season of thinking about encounters, about the ways that the holy appears in my path, about the wise ones who have journeyed with me...and have borne the gifts that I most needed.

Jan L. Richardson, *In Wisdom's Path*

## January 2021



### **Dementia and Spiritual Care**

*Inner Journey* Blog Post  
By Gord Alton

This past fall (2020) I read John Swinton's book titled "Dementia: Living in the Memories of God" (2012). It was recommended to me by a good friend who was potentially showing signs of dementia. With this excellent book, Swinton unpacks the experience of dementia through a totally different framework than the one commonly used within Western society. In doing so, he opens up profound ways to see spirituality present within the experience of people living with dementia. In this blog, I want to summarize key insights from his book that help us know how to care spiritually for people struggling with dementia. [Click here to continue reading.](#)



### **Deep Calls to Deep Lenten Mini-Retreat**

Friday, February 19, 1:00 - 3:00  
Hidden Acres Mennonite Camp  
Led by **Wendy Janzen**

*This retreat is dependent on pandemic restrictions at the time, and space will be limited.  
[Register here](#); payment (\$30) is not due until the day before.*

## Beauty & Balance Equinox Mini-Retreat

Saturday, March 20, 1:00 - 3:00

Hidden Acres Mennonite Camp

Led by **Wendy Janzen**

*This retreat is dependent on pandemic restrictions at the time, and space will be limited. [Register here](#); payment (\$30) is not due until the day before.*

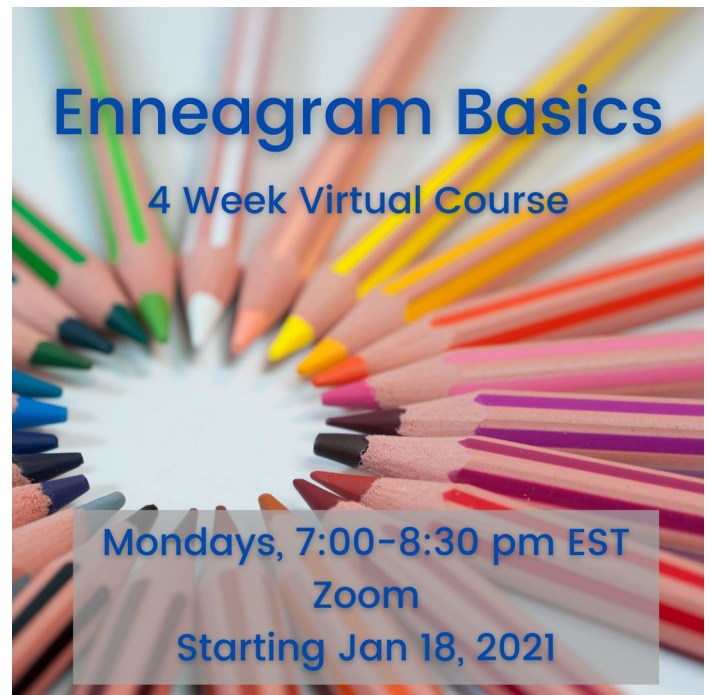
## Winter Enneagram Courses

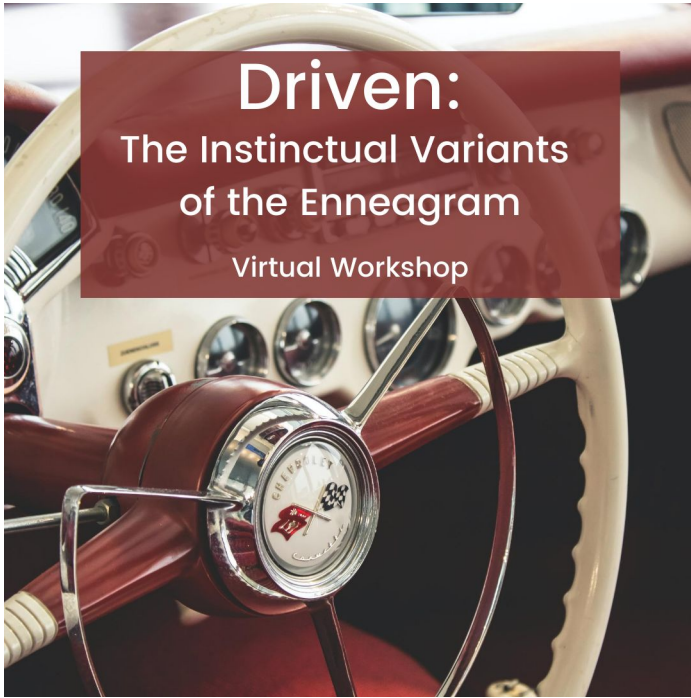
Deepen your self-awareness and capacity for presence through an Enneagram workshop with **Tamara Shantz** (certified Enneagram teacher through the Enneagram Institute). You can see more information about all of the classes below and more by following the links below or going to: [www.tamarashantz.com](http://www.tamarashantz.com).

### Enneagram Basics

4 week Zoom class  
Monday evenings, 7:00-8:30 pm  
Starting on January 18th

This foundational, four session course, will introduce you to the Enneagram as a tool for spiritual growth and personal transformation. It is designed for both newcomers and those interested in becoming more intentional with their engagement of the Enneagram.





**Driven: The Instinctual Variants of the Enneagram**

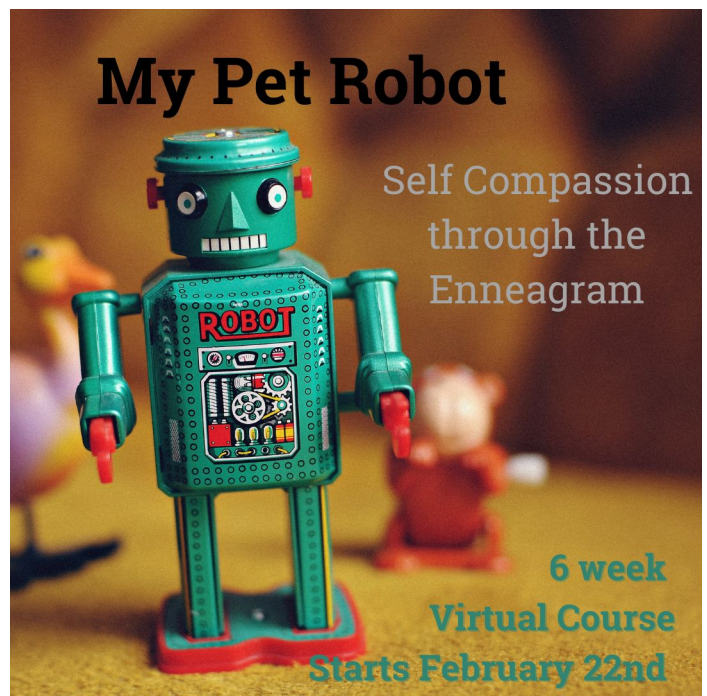
2 hr. Zoom workshop  
Saturday, January 30th - 1 pm - 3 pm

This workshop will introduce the Instinctual Variants (self-preservation, sexual, social) of the Enneagram by exploring how these instincts shape our lives and draw us away from fuller presence. You will come away with a simple tool for greater self-understanding and powerful help in navigating interpersonal relationships.

**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.



**Get to know MSDEC Directors**



**Laura Mullet Koop**  
Jordan, ON

*Individual, Group and Congregational Spiritual  
Direction  
Retreat Planning, Facilitation and Speaking*  
**Extended Profile**



**Bonnie Fowler**  
St. Catherines, ON

*Individual & Group Spiritual Direction  
Workshop and Retreat Facilitation  
Art Journaling Instruction*  
**Extended Profile**



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](mailto:mennospiritdir@gmail.com) if you have any questions.

<http://mennospiritualdirectors.weebly.com>

[mennospiritdir@gmail.com](mailto:mennospiritdir@gmail.com)

## Unpacking Dream Images & Symbols

for our healing and wholeness

- Explore the meaning of your dreams
- Engage in active imagination - the language of dreams
- Play with your own dream images and symbols

### Facilitators

**Marybeth Leis Druery** is a spiritual companion and staff resource person of Student Open Circles at McMaster University in Hamilton, [www.StudentOpenCircles.com](http://www.StudentOpenCircles.com). She explores, with students, spirituality in all of life, through creative expression such as art and movement.

**Miriam Frey** is a spiritual companion and coordinator of Ontario Jubilee, a program that trains spiritual companions [www.ontariojubilee.ca](http://www.ontariojubilee.ca). She has been a student and teacher of dreams for over 30 years.

Date: **Saturday, February 6, 2021**

Time: 9:00 a.m. to 3:00 p.m.

Online via Zoom

\$100.00 per person

Registration deadline: January 23, 2021

To register: contact [admin@ontariojubilee.ca](mailto:admin@ontariojubilee.ca)

If you have questions please contact Marybeth at [leismb@mcmaster.ca](mailto:leismb@mcmaster.ca) or Miriam at [ontjubilee@gmail.com](mailto:ontjubilee@gmail.com)

### 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.

## **An Epiphany Prayer**

*Holy Radiance,  
Your light  
reflects glory,  
inspires grace.  
Shimmering,  
revealing,  
holding nothing back,  
guiding forth,  
bold and brave to  
ignite hope  
for what lies ahead; to  
love everything  
without condition; to  
embrace all  
the Earth  
with compassion.  
Sacred Light,  
Illuminate us.  
Amen*

By Wendy Janzen

