



**Mennonite Spiritual Directors
Of Eastern Canada**

Lent...is time given to think seriously about who Jesus is for us, to renew our faith from the inside out. It is the moment when...we return to the baptismal font of the heart and say yes once more to the call of Jesus...It is the act of beginning our spiritual life all over again refreshed and reoriented.

*Joan Chittister
The Liturgical Year*

March 2021

Loving Our Enemy (Transforming Hate)

Inner Journey Blog Post

By Gord Alton

Hatred is a feeling we rarely talk about, and yet we see signs of hatred all around us. Anytime we see people divide our world into sides due to politics, race, sexuality, religion, wealth, or even wearing or not wearing a mask, we are seeing hatred at work. The deeper the divide, the deeper the hatred. In this blog, I want to explore what Jesus possibly meant when he taught that we are to “love our enemies”, including the enemy within us. [Click here to continue reading.](#)



Equinox Mini-Retreat: Beauty & Balance

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

Hidden Acres Mennonite Camp

Facilitator: Wendy Janzen

Are you a caregiver (parent, spouse or child taking care of family member(s), medical professional, pastor, social worker...), or are you just exhausted from the stresses of life in a pandemic? Give yourself this in-person, outdoor, mini-retreat to find beauty and balance in life as we celebrate the spring equinox. Pandemic protocols will be followed.

[Registration is required. Please register here.](#)



Get to know MSDEC Directors



Jeff Druery

Hamilton, ON

Individual Spiritual Direction

Group Spiritual Direction

Retreat Facilitation

[Extended Profile](#)



Dave Rogalsky

Kitchener-Waterloo, ON

One-on-One Direction

Group Direction, Retreats,

Helping groups listen for God's leading in goal

setting and mission

[Extended Profile](#)

<http://mennospiritualdirectors.weebly.com>

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Enneagram in Conflict: Virtual Workshop

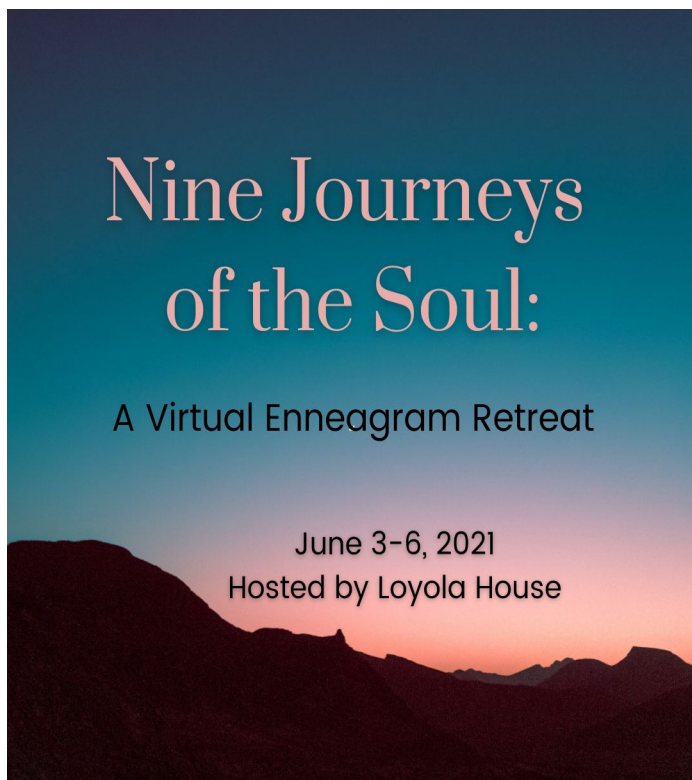
Saturday, March 27, 2021 - 1-3 pm EST

What is your olive branch?

When we sense conflict brewing, we all have ways that we try to keep the peace; ways we try to diffuse moments of disagreement. We all have an olive branch we try to offer. Join **Tamara Shantz** for a workshop exploring how different Enneagram types tend to respond to conflict.

For more information and to register:

www.tamarashantz.com/enneagram-in-conflict-workshop/



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/>

Vernal Blessing - in a time of pandemic

As winter gives over to spring
On this vernal equinox day
May we all find balance between
 Light and dark,
 Rest and activity,
 Body and spirit.

In this time of great unknowing
 May we trust the earth's
 Wisdom.

In this time of scarcity
 May we experience
 Abundance.

In this time of distancing
 May we trust in God's
 Presence.

 May we awaken,
 Like bulbs and buds,
 To this new reality
And rise to the occasion.
 May each green
 Shoot pushing out
Through the brown leaves
 Be a beacon of hope
 For such a time as this.

- Wendy Janzen



This prayer was written for the spring equinox in 2020. For more prayers, blessings, and poetry by **Wendy Janzen**, visit to <https://burningbushforestchurch.weebly.com/reflections--prayers>