



*Mennonite Spiritual Directors  
Of Eastern Canada*

*The movement toward gratitude,  
authenticity, and union is the natural and  
organic inner work of the second half of our  
lives.*

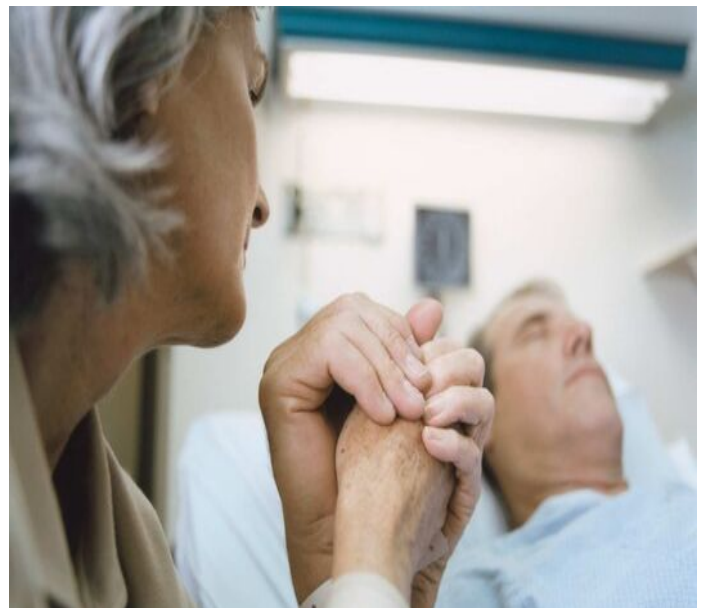
*Richard Rohr*

**May 2021**

### **The Naturalness of Death** *Inner Journey Blog Post* By Gord Alton

We all know that death is part of life, and yet our western culture does not treat death that way. Instead, death is often seen as a medical failure or something that should be hidden away out of sight in a nursing home, hospital or hospice. Because we have so little exposure to death, except when we see it on our televisions or movie screens, where death is often over-dramatized, most people know little about what normal death actually looks like. This unknowingness causes people to have many fears and unhelpful beliefs around death. In this blog, I want to explore how death is a natural part of life.

[\(Click here to read on\)](#)



*A spring symbol of resilience...*



# 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/>

The theme chosen for the 9th International Conference on Ageing and Spirituality is ***Vital Connections: Claiming Voice and Learning to Listen***, It is an invitation to explore issues of connection within the context of ageing and spirituality. MSDEC member, **Jane Kuepfer**, with the Schlegel-UW Research Institute for Ageing, coordinates this seminar. See registration information below.

 9th International Conference  
on Ageing and Spirituality

## REGISTRATION NOW OPEN

Live virtual sessions,  
discussion, videos, posters,  
resource sharing and more!

Registration open until May 31, 2021.

Regular Registration: \$65.00 (CAD)

Student/Low Income: \$55.00 (CAD)  
(\*\*includes HST if applicable)

Online Sessions – June 8–23, 2021

**RIA** RESEARCH  
INSTITUTE  
for AGING  
Schlegel • UWaterloo • Conestoga

[uwaterloo.ca/ageing-spirituality](http://uwaterloo.ca/ageing-spirituality)



Conrad Grebel  
University College

## Get to know MSDEC Directors

**Ilene Bergen**  
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**Ruth Boehm**  
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**Martina Steiger**  
Kitchener-Waterloo, ON  
(available virtually via Zoom, Skype or WhatsApp)  
*Companionship on their journey to  
discover the sacred stories of everyday life*  
*Facilitation for families and individuals through loss  
and grief*  
*Contemplative retreat facilitation*  
**Extended Profile**

## 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>

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