

Newsletter



January 2023

New Year's Intention

Warm greetings from the Mennonite Spiritual Directors Network of Eastern Canada (MSDEC), and best wishes for the new year! Do you make New Year's resolutions? Apparently they are going out of fashion to be replaced by New Year's "intentions" or "themes." A resolution can feel like a "pass" or "fail"



kind of goal. Most are broken early in the new year because there is no room for error. Intentions and themes are more like a muscle you want to strengthen or a value you want to grow into. The change doesn't happen overnight, and there is room to adapt and adjust. Examples of intentions or themes could be: gratitude, generosity, simplicity, tapping into your God-given creativity, hospitality and so on. As we stand on the threshold of a new year invite God into your intentions and themes and see how God might nudge you to grow this year.

Throughout the year, we will use this newsletter to share with you about events and resources from the MSDEC network that you might find helpful. As we continue to learn to live with COVID there are more and more activities on offer again from MSDEC. Please see below for some winter and spring opportunities.

Janet Bauman
Communications Coordinator

Mennonite Spiritual Directors of Eastern Canada (MSDEC)

is a network of approximately 30 spiritual directors in Ontario, offering individual and small group spiritual direction, contemplative retreats, prayer guides, and resourcing for congregations. Click on this link to explore MSDEC's [online directory](#). MSDEC is a partner organization of [Mennonite Church Eastern Canada](#).

Events and Offerings

Martina's Offerings For Winter 2023 (January - April)

Martina C Steiger, ThD, MSc, BEd is pleased to share her winter course offerings with you - some via Zoom and some in person in the Kitchener-Waterloo area. These exciting opportunities range from a free once a month drop in gathering, to a full day workshop or 4-session workshops.

- Kintsugi Bowl
- With the End in Mind
- Re-Story Your Life
- Grace and Grit
- Death Cafe
- Story Circle
- Book Study: *Death Interrupted* by Cr. Blair Brigham

For detailed descriptions, times and costs click here: <https://www.martinasteiger.com/courses> or, simply contact Martina via email at martina@martinasteiger.com If you are interested, but times conflict with your schedule, let Martina know as well.

Grounding Through Grief: A Renewal Retreat for Living in a Climate Emergency

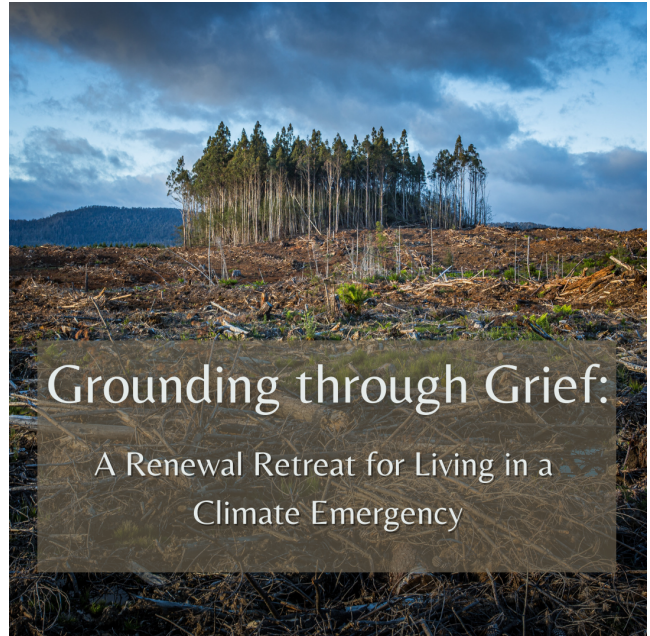
April 21-23, 2023

[Five Oaks Retreat Centre](#)

Facilitated by Tamara Shantz, Hosted by Tanya Dyck Steinmann

We are living in a time of great fear, deep grief, and profound anxiety as we face an escalating climate emergency, the realities of dying ecosystems, and insufficient action to counter the devastation. It can be hard to find space in our daily lives to allow ourselves to be fully present to our feelings about the situation we find ourselves in, let alone seeking sacred presence in the midst of it all.

Join us for a retreat where we will hold sacred space for reflecting on the climate crisis. Within the next week, more information and registration will open on the [Five Oaks website](#) - or contact Tamara (tamarashantz@gmail.com) with questions.



The Enneagram: Nine Journeys of the Soul

[The Branches Yoga Studio](#) (Kitchener)
Feb.10 (7-9 pm), Feb.11 (1-5:30 pm)
Facilitated by Tamara Shantz

The Enneagram is an invaluable support for anyone seeking to live in more conscious and compassionate ways.

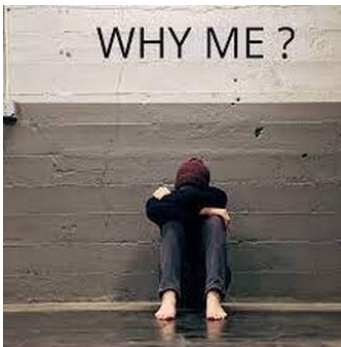
Rooted in insights from the wisdom traditions of the West (Judaism, Islam, and Christianity) as well as modern psychology, the Enneagram describes 9 personalities - or really, 9 journeys of the soul. It invites us into exploring the beauty of our deepest selves, illuminating how we get stuck in the limiting, habitual patterns of our egos, and pointing the way into greater freedom.



Join Tamara for this workshop introducing the Enneagram as a support for practicing presence. More information and registration is available [here](#).

The Why Question

Inner Journey Blog by Gord Alton



In my spiritual care ministry with palliative care clients, I often run into the why question. As one sixty-five year old wife and mother complained to me again this month, “why do I have to die from cancer? There is so much that I want to still enjoy...with my husband, children, and grandchildren?” The answer to these types of why questions is one I have wrestled with a lot beginning 30 years ago when my first brother Jamie died from HIV/AIDS in 1992. In this blog, I want to share how I currently process the why question. Click on this link to read Gord’s full blog post.

<https://innerjourneyblog.weebly.com/current-blog/archives/01-2023>

Contact Us

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