



**Mennonite Spiritual Directors  
Of Eastern Canada**

*My work is loving the world.  
Here the sunflowers, there the hummingbird—  
equal seekers of sweetness.*

Mary Oliver, *Messenger*

## Summer 2022

### **Wisdom of Summer Retreat Day**

Mount Carmel Spiritual Centre, Niagara Falls.

Saturday, August 13th - 9:30 - 3:30.

**Facilitator: Beth Woelk**

This is a day designed to refresh and restore your soul. It is an opportunity to reflect upon the images and invitations of the season. Our day together will include group circle times, time for individual reflection, stillness and silence, a guided contemplative walk on the beautiful monastery property, and a delicious lunch. [Find out more here.](#)



### ***Visio Divina***

**Ruth Boehm**, pastor and photographer, invites us to “see with our own heart” using the practice of ***visio divina***, a personal reflective exercise with image and scripture. You may use her photos and biblical selections as your devotional guide, as an encouraging note for a friend, or as an example of a practice you might engage with your own camera and Bible.

With the image, or with a camera, come with your eyes and heart open. Rest. Explore. Perceive. Let creation and scripture encourage, inform, surprise, and inspire you.

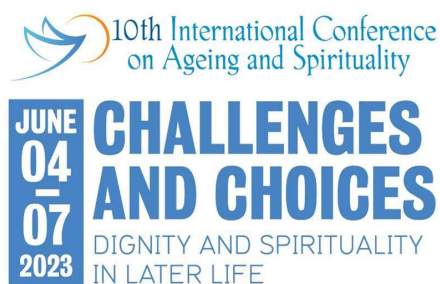
Ruth’s Visio Divina resources can be found at

[CommonWord: Visio Divina](#)

## 10<sup>th</sup> International Conference on Aging & Spirituality

June 4-7, 2023  
Waterloo, Ontario, Canada

**Jane Kuepfer**, on behalf of the ICAS planning team, invites you to mark this event on your calendar. A [call for abstracts](#) can be found on their website. Deadline for abstract submission is October 31, 2022 for workshops and papers, and January 1, 2023 for posters. Please share this email widely throughout your networks, and watch for future emails.



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



Conrad Grebel  
University College



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## What Gets in the Way of Experiencing God's Love

### *Inner Journey Blog Post*

*By Gord Alton*



Last month, I did a funeral for a man who I shall call Luke. I visited him biweekly along with his wife for six months. One of his struggles as he approached his death was his inability to experience God's love. Like most Christians, he was taught that God unconditionally loved him and yet for him this love was a statement of faith. He claimed that he could not recall any time that he had sensed God's love personally. For me, this was a big surprise considering how gracious and caring this man was. How could such a caring man not be able to feel God's gracious love for himself? This is the question I want to explore in this blog. I have found that many people struggle to experience God's unconditional love despite being caring people. [Click here to read on.](#)

## Get to know MSDEC Directors

**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 here to explore the website [MSDEC Website](#) and find a spiritual director.

MSDEC is a partner organization of  
[Mennonite Church Eastern Canada.](#)

