

WEEKLY VIDEO SERIES ON SPIRITUAL PRACTICE

"To read the sacred in everyday life, we have to develop new qualities of mind and heart, qualities that open us to the presence of the spiritual within all aspects of existence. No moment, no thing is to be excluded. But like any other kind of reading, reading the sacred requires an alphabet. Here in 26 parts are 26 different qualities that are needed to practice spiritual literacy for reading the sacred in everyday life." ~opening credits

We all want to experience more peace in our days. We want to translate our faith into our daily lives. Yet we may not know how to "learn" or "do" spirituality. Talking with other folks who share our same curiosities and concerns, helps us with our personal journeys.

The Everyday Spirituality Group provides a place where we can find the time and space to slow down the pace and encounter the sacred.



**A Caring Place
To Learn, To Heal,
To Share Feelings**

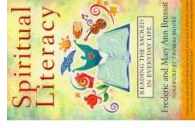
EVERYDAY SPIRITUALITY

The Family Life Center

703 Compton Road
Cincinnati, Ohio 45231



The Family Life Center
703 Compton Road
Everyday Spirituality
Five Tuesdays beginning
July 20, 2010
7:00—8:30 PM



*A Faith-Based Outreach of
Northminster Presbyterian Church*

Contact us: 513-931-5777, or
flc@nmpchurch.org, or
<http://tinyurl.com/FamilyLifeCenter>
for information and for
other groups that provide help
for all ages and stages of
life & life issues.

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SUMMERTIME REFRESHMENT FOR THE SOUL

The book is a collection of quotes by spiritual teachers that reveal the sacred meaning in today's world.

In making the videos, the authors have joined with filmmaker David Cherniack to create a visual, musical and emotional experience. This combination of spirituality and imagination will guide, challenge, comfort and encourage you on your journey.

Each week we will consider a different spiritual quality such as Attention, Gratitude, Nurturing, Openness. The videos provide quotes from spiritual teachers on each quality. Each spiritual quality will help us discover the sacred in everyday life.

Personal reflection time is provided each week, along with group sharing and an opportunity to make a "practicing spirituality plan" for the coming week, to help us focus on incorporating that quality in our daily lives. This is not a test! No one is required to report on the experience unless they want to. No fee for class,

books loaned free for your use from the FLC Library.

Sources of Information:

The group is based on the book and video series *Spiritual Literacy* by Frederic and Mary Ann Brussat. Books can be borrowed from the Family Life Center Library. Additional handouts from quoted authors will be provided.

Class Facilitators:

Sessions will be led by Diane Kinsella, Director of the Family Life Center, with assistance from other leaders. We will rely on concepts from the book and video, while guiding the group through five different spiritual practices.

FORMAT: Group meets weekly on Tuesday evenings from 7-830 PM for 6 weeks. We will cover the material through viewing each week's video, quiet time, journaling, and in small group discussion.

All information shared is kept confidential. Each participant receives a personal copy of each week's handouts. Each member may share their reaction to the week's video as they feel led. No one is required to share. The experience of group members contributes to the learning process. This group is designed around your individual needs.



The experiences of others can help us understand ourselves and our feelings.

703 Compton Road
 Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to:
 Phone: 931-5777, Fax: 931-0260
 flc@nmpchurch.org

Registration for Everyday Spirituality :

Sign up for:	Time	Price
<input type="checkbox"/> 5 Tuesdays starting 7/20	7-8:30 PM	FREE !!
<input type="checkbox"/> I will need child care during class		FREE !!
<input type="checkbox"/> Number of children:		
<input type="checkbox"/> Ages and names:		
<input type="checkbox"/>		
<input type="checkbox"/>		
Total:		FREE !!

Name _____

Address including zip code _____

Phone and e-mail _____

How did you hear about us? _____