



spirit vibes

insights, events
and inspiration
for the spiritual
journey

JAN
2026

Spirit Vibes is
PATHWAYS'
quarterly newsletter
designed to inform,
inspire, and publicize
the ways it is working
to deepen
relationships with
humanity, creation,
and the Divine.
Let's journey!



PATHWAYS
A CENTER FOR SPIRITUAL RENEWAL

The Sacred Essence

In his book *Sacred Earth Sacred Soul*, John Philip Newell writes:

As the birth of the Christ Child was acclaimed by angelic song, "...on earth peace, goodwill among people" (Luke 2:14), so the Christhood of every child, of every man and woman, was destined for the work of peace. To know the sacred essence of our being is to know also our calling to serve this sacredness in one another and in the relationships of our lives and world."



As we reflect on the creation story found in Genesis, we are reminded that God created humankind in God's image, breathing God's very spirit, the breath of life, into us. Recognizing the sacred essence in one another may be challenging in this age of polarizing division and conflict in our nation and world. There is a greeting from Hinduism with ancient Sanskrit roots: *namaste*. It carries the deeper meaning of recognizing the divine in each other, as the word *namaste* literally means "I bow to you."

As we enter into 2026, may we bow to each other and experience the sacredness of the divine in all beings. As John Philip prays, "Let us look to the heart of one another, to the light that is in all life, and serve one another in love."

We look forward to being in community with you in the coming year.

Namaste,

Karen Glavin
PATHWAYS Chair

Prayer

*The world now is too dangerous
and too beautiful for anything but love.
May your eyes be so blessed you see God in everyone.
Your ears, so you hear the cry of the poor.
May your hands be so blessed
that everything you touch is a sacrament.
Your lips, so you speak nothing but the truth with love.
May your feet be so blessed you run
to those who need you.
And may your heart be so opened,
so set on fire, that your love,
your love, changes everything.*

— A Black Rock Prayer Book

by the numbers

2025 Snapshot

- PATHWAYS facilitated 18 offerings, including five offsite
- 425 people journeyed with us
- 51% of participants were outside the Christ Lutheran congregation (compared to 37% in 2024)

Special thank you to Judith Loudin and her card making donations which brought in over \$280 in 2025.

(virtual) Book Study: The Amen Effect JAN 12, 19, 26 and FEB 2, 9 6pm

The Amen Effect: Ancient Wisdom to Mend Our Broken Hearts and World by Rabbi Sharon Brous

In a time of loneliness, social rupture and alienation, Rabbi Brous contends that through honoring our most basic human instinct — the yearning for real connection — we reawaken our shared humanity and begin to heal. With original insights and practical tools, *The Amen Effect* identifies simple practices that offer a blueprint for a more meaningful life and connected, caring world.

If you hurry, you can still register! Visit seekthepath.org to sign up.

upcoming offerings

(excerpts from)

A Beautiful Year by Diana Butler Bass © 2025

Epiphany, meaning “revelation” or “manifestation,” is the winter season of light. Beginning with the visit of the Magi to the infant Jesus and stretching through weeks until the beginning of Lent, this is the time of stars, of waxing light, of illumination and enlightenment.

The Wise Men awaited a sign in the sky — a star — to guide them on this journey. Revelations break in, signs appear in dreams, light shines forth, and glory hovers all around. Such things are from the realms of miracle, awe, and wonder. They surprise and disrupt the normal course of existence. Epiphanies are not of our making.

We cannot create epiphanies, but, like the Wise Men, we can respond to them. Epiphanies grab a hold of us; we can't shake them. Epiphanies beckon. The star invites; it calls to the attentive to do something — to act.

Epiphany is a manifestation, the mystery revealed, and an invitation to discover grace, goodness, and God. It is neither a magic fix nor a moment when utopia arrives. The birth, the star, and heavenly glory don't eliminate the darkness. Rather, such revelations cast the light that we needed to see the way ahead. Epiphany beckons us to pay attention and participate in widening the circle of light in the world — to push back against all brittle injustice and brutality.

Epiphany moves from the story of kings following the light of a star to Jesus' words to his followers: You are the light of the world. Perhaps these words, a seasonal benediction of sorts, from *A Ring of Endless Light* by Madeleine L'Engle, capture the fullest sense of Epiphany:

*This is my charge to you.
You are to be a light bearer.
You are to choose light.*

Arise. Shine. Be light.

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A Creation Morning MAR 21 10-11:30am (treats 9:30)

The splendor of our Earthly home beckons us to exploration. Join us to experience our connection to nature and God's glory. Held at Christ Lutheran Church in conjunction with the Creation Care Team of the Northern Illinois Synod. Registration coming soon at seekthepath.org.

(virtual) Praying for the World APR 24-25

A 24 hour vigil lifting our voices in prayer for the nation and world into God's loving care. 30 minute time slots will be filled by participants; a prayer guide will be supplied to aid in prayer prompts. Visit seekthepath.org soon for more details.



Longest Night service, DEC 2025

PATHWAYS TEAM

Karen Glavin (Chair), Bill Blackburn, Lee Blackburn, Anna Borchers, Jenny Campbell, Kris Campbell, Deacon Jennifer Fox, Deacon Laura Gorton, Kendra Hall

PATHWAYS

A CENTER FOR SPIRITUAL RENEWAL

a ministry of Christ Lutheran Church

425 Riverside Road
Belvidere, IL 61008
Phone: 815-885-2522
seekthepath.org



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