



spirit vibes

insights, events
and inspiration
for the spiritual
journey

APRIL
2026

PATHWAYS

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!



“God is love, and

those who abide in love, abide in God, and God abides in them.”

1 John 4:16

“I profess the religion of love, Love is my religion and my faith.

My mother is love

My father is love

My prophet is love

My God is love
I am a child of love

I have come only to speak of love.”

Rumi

Love is on my mind

PATHWAYS recently completed several workshops on prayer beads. In “The Pearls of Life” (Lutheran prayer beads), there are two red beads which signify love. Two beads because, like our breath, love flows in two directions— in and out.

I also recently heard the 1965 Burt Bacharach song, *What the World Needs Now is Love*, on the radio.

And I encountered this passage from Mirabai Starr, in her book *God of Love*: “The sacred scriptures of all faiths call us to love as we have never loved before. This requires effort, vigilance, and radical humility. Violence is easier than nonviolence, yet hate only perpetuates hate. The wisdom teachings remind us that love—active, engaged, fearless love—is the only way to save ourselves and each other from the firestorm of war that rages around us. There is a renewed urgency to this task now. We are asked not only to tolerate the other, but also to actively engage the love that transmutes the lead of ignorance and hatred into the gold of authentic connection.”

So the message of love is continuing to be on my mind. My prayer is that we all be open to the love that is within us, that surrounds us and is between us. In these chaotic times, may we have the courage to turn toward each other and see each other as a child of the Divine.

Karen Glavin
PATHWAYS Chairperson

P.S. Please join us later this month as we host a 24-hour vigil and pray for each other (details on next page).

“Love is the greatest force in the universe. It is the heartbeat of the moral cosmos.”

– Dr. Martin Luther King Jr.

“Let us joyously relate and remind one another of what we love and be encouraged by all the love that is swirling around us, within us and between us— even now, yes even now.”

– Carrie Newcomer



PATHWAYS
A CENTER FOR SPIRITUAL RENEWAL



Personal Reflections

Testimonies from recent PATHWAYS attendees:

"The Amen Effect" Book Study (January/February 2026)

Special friend Mary Solon Goers asked if I had interest in a Zoom book group with her. When she mentioned the book, *The Amen Effect* by Rabbi Sharon Brous, I was thrilled as I had been talking to my Jewish congregation about her book and Rabbi Brous's warmth and vision that had reached so many people of all religious denominations.

I loved the weekly evening formats led with sensitivity and openness by Laura Gorton, a wonderful deacon of the church, followed by our small group Zoom room chats. The PATHWAYS facilitators did an outstanding job asking thoughtful and probing questions to make us all think of our own experiences and share them in a very open and inclusive setting.

I am so grateful for the opportunity to have been asked to participate.

—Posi Tucker, Temple Beth-El Congregation, South Bend, IN

Thank you, PATHWAYS, for the very timely "The Amen Effect" book discussion. Our readings, drawn from ancient Jewish wisdom and modern experiences, offered practical exercises to bring hope for today's broken world. One small example is to SHOW UP for your neighbor, in good times and bad. Our small group sessions were especially interesting, and I found the input from the participants from the Jewish community to be very informative.

I highly recommend the book.
—Diane Larsen, CLC member

upcoming offerings

(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. A brief group prayer time held via Zoom at 6 pm begins and ends this event on both April 24 and 25. Visit seekthepath.org for details and registration.

Womens Interfaith Potluck MAY 18

All events will be held at Christ Lutheran Church unless otherwise noted. Visit seekthepath.org for more details.



PRAYING FOR THE WORLD

seekthepath.org

To Love More Deeply by Christine Valter Paintner

Beloved, when you created us,
you celebrated with an exuberant *that's so good!*
Help us know ourselves as loved,
as formed from love, infused with love,
and made to love.

Expand our hearts with each breath—
with every inhale may we receive love,
with every exhale may we extend love.

May we behold all that is unloved in us
and welcome ourselves home again
to you, the Ground of Love.

May we meet those who are rejected
with boundless compassion
and be a witness to the reality
of love's continual eruption into the world.

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a ministry of Christ Lutheran Church



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