



PATHWAYS

# spirit vibes

insights, events  
and inspiration  
for the spiritual  
journey

OCT  
2023

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PATHWAYS

A CENTER FOR SPIRITUAL RENEWAL

## Cultivating Spiritual Growth

by Joyce Rupp

(excerpt from *The Art of Cultivating Spiritual Growth* from U.S. Catholic magazine, Vol. 62, No. 4)

Spirituality has become quite the buzzword these days, especially with the proliferation of books on the topic. How do you define spirituality?

To me, the spiritual life involves the whole of our life, every single part—no piece can be left out. I used to think of most of my life as one part and my spiritual or prayer life as another. In fact, I used to think that the rest of my life took me away from my prayer life. But now I see that nothing can be left out of a healthy spirituality.

Another piece is that it's always about relationship with the divine, but also with other people. So it isn't just a God-and-me kind of thing. True spirituality will always take me out of myself, and I do believe that authentic spiritual growth has to take me out into the world. It can't just be a feel-good pacifier.

The spiritual life is a call to be in transformation, to become our true selves. That means it has to have an openness to growth and change. The word spirituality sounds like something static rather than dynamic. I like the term spiritual growth because it implies that we're always in process. We can never say, "OK, I'm saved. I've made it. This is it. I don't need to do anything else. I don't have to listen to what's calling me to greater growth or greater spiritual depth."

*Joyce Rupp is well known for her work as a writer, international retreat leader, and conference speaker. She has received awards in the spirituality books category from the Catholic Press Association.*

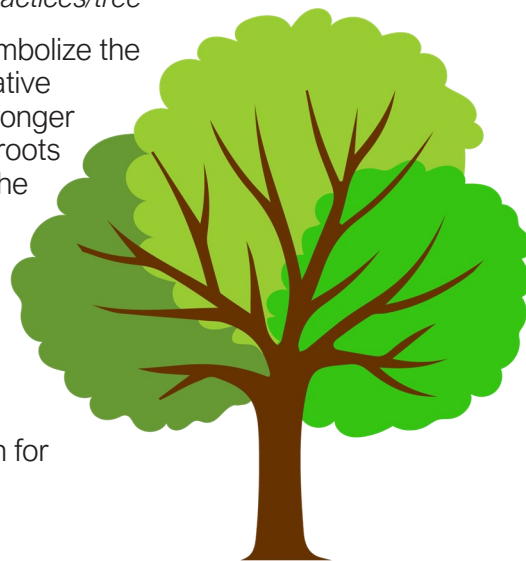
## Understanding the Tree

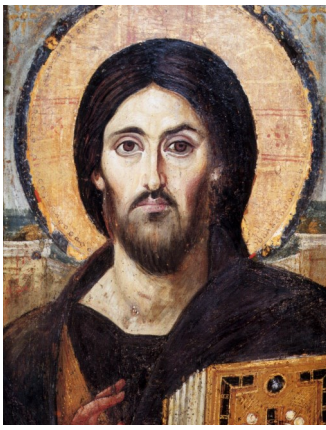
Contemplative Practices

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On the Tree of Contemplative Practices, the roots symbolize the two intentions that are the foundation of all contemplative practices: cultivating awareness and developing a stronger connection to God, the Divine, or inner wisdom. The roots of the tree encompass and transcend differences in the religious traditions from which many of the practices originated, and allow room for the inclusion of new practices that are being created in secular contexts. The branches represent the different groupings of practices.

PATHWAYS is currently developing programming on contemplative practices for the months ahead. Watch for information coming soon about 2024 offerings.





## Beyond our Walls

PATHWAYS' latest road trip took it to Christ the Saviour Orthodox Church in Rockford on September 30 for *Praying with Icons* led by Father Jonathan Bannon. It was a meaningful time of learning about biblical history.

Did you miss this event but wished you were there? Attend the Adult Forum time (Sundays 9:30 am) at Christ Lutheran during Advent, as Deacon Laura Gorton will present information on icons and sacred art. Our learning continues!

*PATHWAYS has facilitated a number of events at churches and service organizations. If your group would like to hear more about hosting a workshop, please contact us at [pathways@makingChristknown.org](mailto:pathways@makingChristknown.org) or 815.885.2522.*



## Personal Reflections

Some personal testimonies received from recent PATHWAYS attendees and presenters:

### *Praying with Icons* (September 2023)

"I came to the presentation like a dry sponge, eager to absorb information on praying with icons that I hoped to share with friends. I came away, filled to overflowing, with knowledge on the history of icons and ideas on how to incorporate them in my prayer life. I can't wait to attend the next PATHWAYS presentation."

– Karen McGinnis, CLC member



"It really was a blessing to me to be with all of you, to hear engaging questions and see a very real appreciation for a tradition that may be foreign, like having icons."

– Fr. Jonathan Bannon,  
Christ the Saviour  
Orthodox Church

## Centering Prayer

Through the end of 2023, monthly *Centering Prayer* continues on the first Thursday of every month at 10 am, offering scriptural foundations for a time of silent meditation and prayer. Many have found it to be a wonderful way to begin a new discipline in their faith practice and useful as a built-in dedicated prayer time in our busy lives. Be on the lookout for new offerings in the coming year as PATHWAYS explores new contemplative practices.

## Fall Labyrinth Walks at Autumn Fest

### October 14

Celebrate the beauty of the season at the annual Autumn Fest Open House at Lutheran Outdoor Ministries Center (LOMC). LOMC has a long tradition of inviting everyone out to their beautiful property in Oregon, IL to celebrate God's ministry in the outdoors. There will be activities to suit just about everyone at any age. PATHWAYS will lead labyrinth walks at 11:30 am and 1:30 pm as part of the festivities. Visit [lomc.org/autumn-fest/](http://lomc.org/autumn-fest/) for details.



# seekthepath.org

# upcoming offerings

## OCT 29: MAKING CHRISTMAS CARDS

Join us at 1 pm for this fun workshop that will surely get you in the holiday spirit. Led by CLC's own Judith Loudin, Dr. Pat Panzika, and national card demonstrator Mary Key, each participant will create and take home nine beautiful, handmade cards. All supplies will be provided, and no art talent is needed. Judith's card-making talents are well known at PATHWAYS, as she has generously donated dozens of her handcrafted greeting cards to the spiritual center which have been sold to benefit its ministry and offerings. Seats are limited to the first 15 registrants. A free will offering will be collected. Reservations are needed by October 19. Sign up at [seekthepath.org](http://seekthepath.org).

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## DEC 2: CHANTING WORKSHOP and VESPERS SERVICE

Gather together to learn the history and instruction of chants, and then immerse yourself in liturgy expressed through the melodic strains of chant in a Vespers service. Deacon Marti Bein will lead our time together beginning at 4 pm. Join us for this educational and spiritual offering.

*See the article below for more information on chanting.*

### *What chanting is meant to do... Chanting is where we go to be.*

Chanting raises the mind and heart to God. It elevates consciousness beyond the (ordinary) and the earthly. It separates us from one kind of world and introduces us to another: the one that probes the soul rather than the mind. The one that settles us into the direction of our lives. The one that shapes our souls and trains the ears of our hearts to hear the spirit of life within us. The one that turns our feet from the path of the popular to the path of human purpose.

All the great traditions—Hinduism, Buddhism, Christianity, Native American cultures, Judaism, the Islamic reading of the Koran and the mystical Sufi experience, among others—use chant to express the deepest understanding of their spiritual ideals.

Chant deepens the very nature of prayer. Monastics chant over and over again from day to day: "O God, come to my assistance, O God, make haste to help me." This is the antiphon that opens the chanting of the 150 psalms, which will be recited over and over again every day of our lives. Then, eventually, it becomes the beat of the heart, the hope of the seeker. It is the etching of the presence of God on the mind that goes on forever and can never, ever, be forgotten. It is the daily memory and promise of God's presence that clasps two souls to one another: I to God, God to me. It is the sound of the presence of God that never goes away.

In the end, chanting quiets the mind. It opens the heart to contemplation. It takes you down the deep stairs to the cave of the heart and leaves you there to realize the great things God is doing, has done, and will continue to do forever. Chanting moves you into a sense of oneness with the universe, where no thinking or problem-solving is the price of your admission, only awareness of the presence of God, eternal yet new every day of your life.

— from *The Monastic Heart: 50 Simple Practices for a Contemplative and Fulfilling Life* by Joan Chittister

## NOV 4: HEALING THROUGH INK

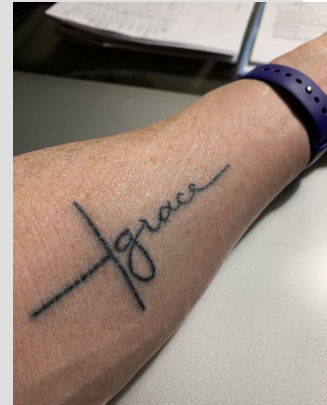
*Healing Through Ink* will guide you through a deeper understanding of how modern culture utilizes tattoos as a means of healing. From 9-11 am, we will explore historical biblical references for tattooing, and navigate how tattoos show up in today's modernized belief system. Facilitated by licensed therapist and business owner Sarah Blackburn, attendees will hear how Sarah came to understand and embrace using tattoos to foster transformation in therapy sessions.

Did you know?

- The oldest discovery of tattooed human skin to date is found on the body of Ötzi the Iceman, dating to between 3370 and 3100 BCE.
- The earliest evidence of tattoo art comes in the form of clay figurines that had their faces painted or engraved to represent tattoo marks. The oldest figures of this kind have been recovered from tombs in Japan dating to 5000 BCE or older.

- People may want to get tattooed for various reasons such as to celebrate a marriage, signify the passing of a loved one, or to identify with their culture. During this workshop, we'll look at tattoos as part of the therapeutic process.

PATHWAYS is pleased to present this relevant offering and conversation. \$15 registration fee; grab a friend and register at [seekthepath.org](http://seekthepath.org). Don't miss this learning experience!



# PATHWAYS


A CENTER FOR SPIRITUAL RENEWAL

a ministry of Christ Lutheran Church



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[seekthepath.org](http://seekthepath.org)

 on Facebook, search:  
*Pathways: A Center for Spiritual Renewal*

## PATHWAYS TEAM

Karen Glavin, Chair  
Pastor Carol Baumgartner  
Bill Blackburn  
Lee Blackburn  
Anna Borchers  
Jenny Campbell  
Kris Campbell  
Deacon Laura Gorton  
Jan Hedrick

*Spirit Vibes* is a quarterly newsletter designed to inform, inspire, and publicize the ways in which **PATHWAYS: A Center for Spiritual Renewal** is working to deepen relationships with humanity, creation, and the Divine. We hope you find this tool helpful in your spiritual walk; send your feedback or suggestions to [pathways@makingChristknown.org](mailto:pathways@makingChristknown.org). Let's journey!

# 2023 schedule:



**Centering Prayer**  
**OCT 5 / NOV 2 / DEC 7**  
(first Thursday of every month)



**Autumn Fest**  
**OCTOBER 14**  
Lutheran Outdoor Ministries Center  
Oregon, IL



**Workshop: Making Christmas Cards**  
**OCTOBER 29**



**Healing through Ink**  
**NOVEMBER 4**



**Chanting Workshop**  
**DECEMBER 2**

All events will be held at Christ Lutheran Church (Belvidere, IL) unless otherwise noted.  
Visit [seekthepath.org](http://seekthepath.org) for more details.