



# spirit vibes

insights, events  
and inspiration  
for the spiritual  
journey

APRIL  
2025

*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

Springtime blessings to you from the PATHWAYS team. As this issue came together, a common theme surfaced: **intention**. How can we be intentional with our attention to the “here and now” and go against the grain of a world that values speed, checklist marks and economic success? It would seem that we must, in fact, be aware of these trappings and incorporate systems (or *pathways*) into our daily lives to combat these markers. We find inspiration from the authors cited in this issue and encourage you to become familiar with their work. Perhaps it will help encourage us to slow down.

Greetings to each of you as we enter the spring equinox, a time of balance between night and day as the sun is neither tilted toward or away from Earth. Let us seek ways to find balance in this time that feels off tilt in our world, looking within and knowing the strength and light we carry, looking for the light in one another, in Earth and in all things.

In order to know balance we must be truly present.

In the third chapter of *The Great Search* (about Martin Buber), John Philip writes, “Every situation, like the face of every newborn child, is calling us back into true relationship. It calls for 'presence,' Buber said. 'It demands you.' For it is presence that is the greatest gift we can offer one another. And presence is the greatest gift we can receive. Here and now, the gift of presence coming to us through one another and through Earth.”

Let us not get lost in the chaos. We are being called to be present, here and now. It is when we are present we can listen, come together and do the work of healing in the world. —Cami Twilling from *Earth & Soul*



Mind Full, or Mindful?

## When I Most Want To Rush

by Carrie Newcomer

When I most want to rush perhaps, it's time to slow down.

What might happen, if I stopped trying to get to the epilogue before I read the middle chapters?

Maybe I would breathe into right where I am and love what I find there. Know that wherever I am is right where I need to be, and lose all interest in runaway trains.

I can keep drinking from a firehose that keeps drenching me without quenching my thirst. Or I can taste one drop of honey let it rest on my tongue until it is gone.

I'm not saying that I should give up. Or stop. But just begin to live this, and then that. Breathing into one true thing, and then the next.

And finally learn, when I most want to rush it is time to slow down.

## Personal Reflections

Testimonies received from recent PATHWAYS attendees:

### Taizé Worship (January 2025)



The Taizé service was a wonderful opportunity to take time out from the hustle and chaos of the holidays and return to work and school. A four-piece musical quartet provided the background for the repetitive songs and candles illuminated the sanctuary. The mantras called us to experience Christ's presence around and within us. The combined effect gently lulled members and guests into meditative prayer and self-reflection. One can easily imagine centuries of the

faithful encountering the Holy Spirit in the heady atmosphere of candlelight and chants in just the same manner.

– Holly Munch, CLC member



### Praying for the World (March 2025)

These are no ordinary times. Across our globe, on a daily basis, situations unravel that will have a profound impact on individuals, communities and nations. We are grateful to the 45 people (from as far away as New Mexico) who participated in our 24 hour prayer vigil. Please continue your prayers – the world needs them.

## upcoming offerings

Walking the Ancient Path  
**APRIL 26**  
Lutheran Outdoor Ministries Center

Mandalas & Mantras for  
Self-Love  
**MAY 31**

Open Door Prayer  
**MAY 1**

Dwelling in the Word  
**JUNE 11 / JULY 9 / AUG 6**

All events will be held at Christ Lutheran Church (Belvidere, IL) unless otherwise noted.

Visit [seekthepath.org](http://seekthepath.org) for more details.

## A Celtic Version of the Prayer of Jesus

by John Philip Newell

*Holy One beyond all names*

*Eternal Wellspring*

*May love rise again in us today*

*With food for every table*

*Shelter for every family*

*And reverence for every life.*

*Forgive us our failings in love*

*And free us from all falseness*

*That the light of our souls may shine*

*And the strength of our spirits endure*

*For Earth and all its people*

*This day, tonight, and forever.*

*Amen.*

### PATHWAYS TEAM

Karen Glavin, Chair

Bill Blackburn

Lee Blackburn

Anna Borchers

Jenny Campbell

Kris Campbell

Deacon Laura Gorton

Jan Hedrick



## PATHWAYS

A CENTER FOR SPIRITUAL RENEWAL

a ministry of Christ Lutheran Church



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

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



on Facebook, search:

Pathways: A Center for Spiritual Renewal

# seekthepath.org