

Celtic Spirituality

and Contemplative Practice



Celtic Spirituality and Contemplative Practice is a three-part series. Each session will include a presentation by Rev. Susan Izard, an experienced spiritual director and facilitator. We will also engage in experiential learning in groups. No prior experience is necessary, but you may wish to read the book *Listening for the Heartbeat of God* by John Philip Newell beforehand (optional).

The sessions will take place on consecutive Tuesdays in March (16, 23, 30) from 7:00 to 8:30 PM via Zoom. All persons are welcome. This program is part of the new collaboration between Hartford Seminary and the Spiritual Life Center.

March 16, 2021 – The Practice of Celtic Prayer and the *Carmina Gadelica*

We will explore the spirituality of the ancient Celtic tradition, in particular the understanding of the goodness of creation and the presence of God in all things. Using ancient Celtic prayers from the *Carmina Gadelica*, participants will be invited to contemplative reflection and conversation. We will examine the Celtic use of blessings in everyday life experiences.

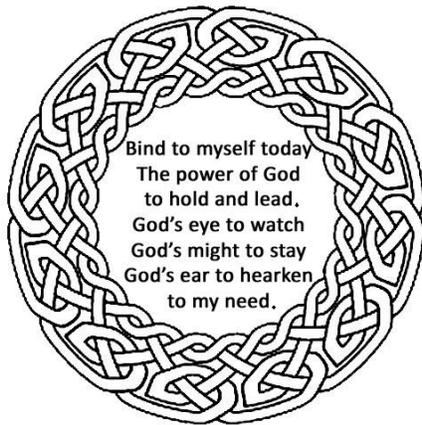


March 23, 2021 – The Practice of *Peregrinatio* (pilgrimage) and its importance in Celtic heritage.



We will journey to the Celtic lands with photographs as we explore the various aspects of *Peregrinatio*, both the inner and outer pilgrimage of life's journey. We'll touch on the meaning of "thin space" and some of the wisdom that the Ancient Celts have shared about journeying with God. Class participants will be invited to reflect on their inner pilgrimage and how moments in their lives have been transformative sacred experiences.

March 30, 2021 – The Celtic Practice of Encircling and the Anam Cara



Reflecting on St. Patrick's Breastplate, we will explore how the Celtic tradition understood the cosmic energy of God's Creation. We will examine how the Celts called upon the Sacred to encircle each soul for strength and wisdom on life's way. This session will also discuss the role of the Celtic Anam Cara, the "soul friend".

If you have questions, please contact Oscar Brockmeyer at obrockmeyer@spiritlifectr.org

The suggested registration fee is \$35 per session or \$80 for all three. Or, for those on a budget, we ask \$10 for a single session and \$25 for all three.

[Save money: To register for all three dates, click here](#)

[To register for March 16, click here](#)

[To register for March 23, click here](#)

[To register for March 30, click here](#)