



SPIRITUAL LIFE CENTER

Where Spirit Is at the Center of Life

Dear Friend,

I want to tell you about someone who was transformed. Her name is Marge. **During her forties Marge became spiritually restless**—her former ways of being spiritual weren't working for her anymore. She tried to express what was going on inside of her, but found that folks were too dogmatic, or bewildered, or disinterested to listen. They just didn't "get it".

Eventually, Marge found herself starting to shut down spiritually because she felt so alone with her questions and concerns. Meanwhile, God seemed to recede into the background of her life.

Fortunately, **Marge found the Spiritual Life Center** and began to meet with a spiritual companion (spiritual director). At their first session, Marge cautiously described what she was going through. Instead of giving her a look of misunderstanding or disapproval, the companion nodded and invited Marge to continue.



Marge had expected the companion might tell her how to get rid of the restlessness. Instead, the woman invited her to explore it and what it meant to her. How unlike those with whom Marge had tried to speak previously! She didn't know it at the time, but her spiritual director felt no need to tell her what to do. **The director trusted that God was somehow in the restlessness** and that together God and Marge would work things out. And indeed, they did. She came to a new and more mature relationship with God, and as a result, many aspects of her life were transformed.

(Over)

What would Marge have done if the Spiritual Life Center did not exist? What if she never had the chance to talk with someone who could really listen? She might have missed the spiritual abundance she now enjoys. Fortunately, **the Center was there for her, and her life was transformed.**

Like Marge, my life has also been richly transformed by the many programs the Center offers to people at every stage of spiritual development (see next page). I give heartfelt thanks for this blessing. I am also deeply grateful to all the people like you who have shared their gifts as donors, volunteers, committee members, directors, directees, trainers, and supervisors over the years to make the Spiritual Life Center the great community that it is.

As an expression of my gratitude I am contributing to our semiannual fundraising appeal, which is now in progress. I invite you to join me by making your own contribution. Please be as generous as you can, but know that a donation of any amount is deeply appreciated.

To donate click on the button below, or mail a check to the Spiritual Life Center at 303 Tunxis Road, West Hartford, CT 06107. You can also set up recurring payments through PayPal or a pledge by calling the office at 860-243-2374.

In this season of renewal, I invite you to join in supporting the Center by donating today. May you experience anew the joy that comes from giving.



Rev Oscar Brockmeyer



PS

Marge continues to come to the Spiritual Life Center, twenty years after she began. She keeps coming back because **her spirituality is still growing.** She knows the incredible value of spiritual direction. And to show her gratitude, and her hope in the future, Marge makes generous donations to the Center. Won't you please follow her example and contribute today? With your help, and the Spirit's power, we can transform the world, one person at a time. Thank you in advance.

An Update on Our Programs

I'd like to share some information about how our programming has fared during the last year.

The Spiritual Life Center responded quickly when the COVID-19 virus began to spread by taking our various programs online. In this way our Internship in Spiritual Direction did not miss a beat. We also continued to provide individual and group spiritual companionship (direction) as well as supervision and continuing education for experienced spiritual directors. Additional programs included those on Thomas Merton, the practice of meditation, Mary Magdalene, Dreams, and an introduction to spirituality. Our 12 week systemic racism class went very well and a report from participants will be shared with the Board of Directors. The upcoming Spirituality and Science series begins on June 15 (see website for details www.spiritlifectr.org)

Now that infection rates are dropping, we are beginning to offer programs on campus again, though we will also provide some programs online. We give thanks for progress made by so many medical caregivers in dealing with the pandemic while we continue to pray that those whose medical needs have not been met will be able to receive care immediately. We also give thanks for the guidance and activity of the Spirit, and for all your help--these have brought us through these difficult times.

As you may recall, earlier this year we entered into a collaborative relationship with Hartford Seminary. This collaboration is based on the fact that our visions, values, and missions are well aligned. We have spent time getting to know each other and the variety of gifts each organization brings to the process of enhancing people's spiritual lives. We have offered programs on the Art of Discernment to students, an Introduction to Spiritual Direction to faculty and staff, and Contemplative Celtic Spirituality to the wider community. We anticipate adding additional types of programs in the fall. I'll keep you informed as plans are finalized.