

# **MINDFUL SPIRITUALITY**

## **THE INTENTIONAL CULTIVATION OF THE SPIRITUAL LIFE**

**AN INVITATION FOR SPIRITUAL NURTURE AND CONVERSATION**

**The Opening Presentation**

**Wednesday, April 18, 7:30-9:00 p.m.**

**Langley United Methodist Church**

**Corner of Third and Anthes, Langley, Fellowship Hall**

**Discussion Groups and Book Purchase**

**Sign up at [lumc@whidbey.com](mailto:lumc@whidbey.com), by phone 360 221-4233, or in the church lobby. Books may be purchased for \$25 (author's reduced rate) in the church office. They are also available from Amazon on Kindle or paper copy.**



**Beside Still Waters**

**The subject for our discussion will be based on the new book by Dr. Duncan Ferguson entitled *Mindful Spirituality*. It is a book of daily readings, inviting the reader to pause on a busy day and to reflect on how to be more mindful about getting through the day and to cultivate a deeply spiritual and centered way of life. Those participating in the evening include Pastor Mary Boyd, Imam Jamal Rahman, Elizabeth Guss, Corrine Bayley, Laurie Julian, Karen Calhoun, and Sande Wascher-James. Duncan has served in the church and in higher education during his career, has continued his writing in retirement, and has been involved in the quest for international peace and justice, most recently in Israel and Palestine.**

## **Mindful Spirituality: The Intentional Cultivation of the Spiritual Life Syllabus for the Discussion Groups**

**Description:** The discussion groups, meeting monthly for one year, will guide and encourage people who seek a deeper spiritual life.

### **Goals:**

1. To empower those seeking a spiritual (God-centered, integrated, mindful) life to find ways to live in a peaceful and responsible way.
2. To help people to heal from the deep wounds of life, gain insight, live free from guilt and anxiety, and to find peace and purpose.
3. To learn how to use mindful meditation centered prayer, and other practices that encourage the development of a healthy and fulfilling life.
4. To focus on the health of the whole person, body, mind, and spirit, and seek to empower people to flourish.
5. To enable people to feel comfortable with and even celebrate those with a different outlook or religious tradition.

### **Strategy:**

1. The discussion groups in the church will have a Christian frame of reference and of course will be open to all who seek a spiritual center. Other discussion groups may have a slightly different frame of reference.
2. The groups will be discussion-oriented, free from judgment and advice, and focused on self-discovery. The group will decide whether the use of journaling and other practices might be helpful.
3. The groups will be open to questions. People will be listened to with empathy and compassion.
4. The groups may meet in a home or perhaps in one of the churches with an atmosphere of warmth and welcome.
5. Each group will function with confidentiality.

### **Arrangements:**

1. Initially, there will be 5 discussion groups arranged by Langley United Methodist Church, each with facilitators. The groups will begin their work in May 2018.
2. Other groups may form apart from the coordination of Langley United Methodist, select facilitators, and arrange the patterns of meeting. Duncan will meet with a group of those who are “explorers” and seeking an alternative pathway to becoming centered.
3. The initial facilitators for the four (or more) groups are listed below. Meeting times and locations to be arranged.
  - a. Betsy and Tom McCullough
  - b. Susan and Greg Giles
  - c. Nancy and Roger Barr
  - d. Jennifer and Paul Morris
4. Mary Boyd and Duncan Ferguson will be available to assist all the groups.
5. There will be three additional meeting times for all participants at the end of the three major sections in the book.

# **Mindful Spirituality: The Intentional Cultivation of the Spiritual Life**

**April 18, 2018**

**7:30pm-9pm**

**Fellowship Hall, Langley United Methodist Church**

Prelude: Karen Calhoun

Welcome and Introduction to the Program: Mary Boyd

Gathering Blessing & Chant: Corrine Bayley, Laurie Julian, Mary Boyd & Karen Calhoun

The Place of Art in the Spiritual Life: Sande Wascher-Jones

Presentation of the Book: Mindful Spirituality: The Cultivation of the Spiritual Life:  
Duncan Ferguson

Panel Conversation: Mary Boyd, Elizabeth Guss, Jamal Rahman & Duncan Ferguson

Questions and Comments from the Audience

Opportunities for Participation in Discussion Groups

Sung Blessing: Corrine Bayley & Laurie Julian

Postlude: Karen Calhoun

End of Program/Book Table is Open

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GUIDANCE FOR USING THE READINGS

SECTION ONE: REACHING UPWARD

January: Reaching Upward for Transcendence

February: Reaching Upward toward Loving God with Our Whole Being

March: Reaching Upward for Relationship with God through Faith

April: Reaching Upward toward Union with God

SECTION TWO: OPENING INWARD

May: Opening Inward for Healing

June: Opening Inward for Emotional Health and Wholeness

July: Opening Inward for Ethical Guidance and Practice

August: Opening Inward for Peace and Purpose

SECTION THREE: EXPANDING OUTWARD

September: Expanding Outward to Love

October: Expanding Outward for Community

November: Expanding Outward in Responsible Living

December: Expanding Outward for Justice, Reconciliation, and Peace