



### Living from the Heart offers:

A learning community that invites participants to deepen their experience of intimacy with Jesus.

Biblically, the heart is the very core of life out of which intellect, emotions, and intentions flow.

Opening to God's heart of love with our whole heart, especially in our most broken places, brings a healing integration within and provides the courage to offer our lives in loving compassion to the world around us.

### Learning & Teaching Approaches:

A variety of collaborative learning and teaching approaches are used including: mini-presentations; short, structured written personal reflections on assigned reading; demonstrations; small group discussion and activities. Participants will be invited to engage their imaginations with the use of textures, colours, music, poetry, prayers and plain old fun! Between teaching times, we encourage mutual support among participants through community gatherings (SoulCare groups). The small team of facilitators provides feedback on reflection papers and offer what they teach honestly and vulnerably, sharing experiences from their own lives.

### Course Content:

**The Way of the Heart** opens us to encounter God personally, integrates body, soul, mind, and spirit, and helps us live out of who we truly are in Christ.

**Spiritual Awareness and Receptivity:** We explore ways to become more open to respond to God's presence in all of life and identify what inhibits our receptivity.

**Spiritual Transformation:** We gain a deep sensitivity to the dimensions of spiritual transformation into Jesus' image, coming to freedom in our deepest truth in God, dealing with the masks we hide behind, and cultivating spiritual practices that support our life in God.

### Contemplative Prayer and Discernment:

We come to understand that prayer is responsiveness to the active, living presence of the Holy Spirit, learn ancient contemplative practices, and discover how prayer is integrated into all of life and deepens our ability to discern God's will.

**Contemplative Living:** As Jesus' friends, we are called to love our neighbour, care for the earth, and seek justice. With joy we discover, that our response to the world becomes a natural outflow of contemplative prayer and practice.

### Course Requirements:

- Full participation in weekend and Saturday sessions.
- Full participation in all SoulCare group meetings
- Reading and reflective book responses
- Receiving regular spiritual direction (10 sessions)
- A 24-hour personal silent retreat

*Note: Living from the Heart is a prerequisite for SoulStream's Art of Spiritual Direction course.*

### Format and Location:

This course is offered through two weekend retreats held at Kingsfold ([www.kingsfoldretreat.com](http://www.kingsfoldretreat.com)) at the beginning and end of the course. Six full-day Saturday sessions will be held at the FCJ Centre in Calgary.

### Dates:

October 4 - 6, 2019  
November 2, 2019  
December 7, 2019  
January 4, 2020  
February 1, 2020  
March 7, 2020  
April 4, 2020  
May 22-24, 2020

### Weekend retreats:

7pm Friday to 5pm Sunday

### Saturdays:

9am to 4:45pm

### Course Facilitators:

This course will be team led with input from the following facilitators:

Cherie Christensen  
Carrie Dickman  
Doug Schroeder

### Additional Information:

Credits for this course and for the 18-month course in the Art of Spiritual Direction may be applied toward the Master of Arts in Spiritual Formation at Carey Theological College, Vancouver, BC, Canada.

### Course Fees:

Tuition for the entire course is \$1,375.00

### Additional Costs:

- Application fee: \$75
- Weekends at Kingsfold and FCJ day use on Saturdays \$680.00
- All books, travel and cost of personal spiritual direction not included.

Options for fitting this into your life financially can be discussed with our course administrator.

### Registration Deadline:

**August 15, 2019**

Application forms are available on SoulStream web site.

*Contact*

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*SoulStream*

For those who yearn for  
intimacy & encounter  
with God.  
SoulStream  
offers a course in

**Living  
from the  
Heart**

2019-2020

Calgary, AB