



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. The small team of facilitators will provide 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 each weekend & all Saturdays
- Full participation in all Soul Care group meetings
- Reading and reflective book responses
- Receiving regular spiritual direction
- A 24-hour personal silent retreat

This course is also a prerequisite for SoulStream's Art of Spiritual Direction course.

Format and Location:

This course is offered through two weekend retreats held at the Carmel Hill Retreat Centre (www.carmelhill.ca) at the beginning and end of the course and six full-day Saturday sessions will be held in Abbotsford (Location TBA).

Dates:

October 16 - 18, 2020
October 31, 2020
November 28, 2020
January 9, 2021
February 6, 2021
March 6, 2021
April 3, 2021
April 30- May 2, 2021

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:

Esther Hizsa
Audrey Hoehn
Brent Unrau

Additional Information:

Completion of this course may be used for credit in some theological colleges in Canada.

Course Fees:

Tuition for the entire course is \$1,450.00

Additional Costs:

- Application fee: \$75
- Accommodation and meals for weekends at Carmel Hill and weekend day use on Saturdays (includes lunch) \$700.00
- All books, travel and cost of personal spiritual direction (10 sessions) not included.

Registration Deadline:

August 15, 2020

Application forms are available on SoulStream web site.

Contact

SoulStream

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SoulStream

For those who yearn for

intimacy & encounter
with God,
SoulStream

offers a course in

Living

from the

Heart

2020-2021

Abbotsford, BC