



Living from the Heart offers:

A learning community that invites participants to deepen their experience of intimacy with God, self and others.

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 Group 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 ourselves and 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 Spirit; learn ancient contemplative practices; and discover how prayer is integrated into all of life and deepens our ability to discern God's heart.

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, of awakening to God's life in us.

Course Requirements:

- Full participation in each Intensive
- Full participation in all Community 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 one-week Intensives, held at Rivendell Retreat Centre on Bowen Island.

www.rivendellretreat.org

Dates:

Intensive 1: Friday, Sept 29 2023, 7:00 pm – Thursday, October 5 2023, 3:30 pm (PST)

Intensive 2: Friday, May 3 2024 7:00 pm – Thursday May 9 2024, 3:30 pm (PST)

Course Facilitators:

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

Deb Arndt
Maureen Miller
Nelson Boschman

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 at Rivendell Retreat Centre: \$775.00 per Intensive (\$1550.00 total)
- Books, travel and cost of personal spiritual direction (10 sessions)

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

Registration Deadline:
August 15, 2023

Application forms are available on the SoulStream website.

Contact

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SoulStream

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

**Living
from the
Heart**

2023-24

Bowen Island, BCS