



Living Spirituality Connections Resources for the spiritual journey

Winter 2016 Newsletter

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Responding to our world

We bring you our winter newsletter following a week that many across the world have found painful and troubling. I was delighted to receive a message that wisdom teacher **Cynthia Bourgeault** has recorded a **response to the Elections in the US**, which is an excellent demonstration of the way in which regular contemplative practices such as centring prayer can enable us to bring stillness and skillfulness to our responses, and to act as a non-reactive “third force” that stays in touch with the vision of oneness of humanity that is key to Christ’s ministry.



Cynthia talks of the heartbreak that many are feeling and reminds us that it’s not going to work to get caught in deepening division, fear and judgement. We need to be in our bodies and in the moment, and see what needs to be done. She has two practical suggestions for how we can establish solidarity with the one body of humanity and of the earth. It is worth taking eight minutes to listen to her words.

Richard Rohr’s Centre for Action and Contemplation (www.cac.org) has uploaded Cynthia’s talk onto Vimeo, so that everyone can access it. It can be found at www.vimeo.com/191109234.

We also want to mention that the worldwide Charter for Compassion (www.charterforcompassion.org) and St Ethelburga's Centre for Reconciliation and Peace in London (www.stethelburgas.org) are both offering communication forums on the follow up to the US Elections. There is a free participatory dialogue at St Ethelburga's on 17 November. Details: www.stethelburgas.org/events.

For global campaigns e.g. to keep the Paris Climate Change accords in place, go to Avaaz – www.avaaz.org.

We have included here reflections by two of our LSC Steering Group members about more satisfactory ways of communicating across differences following our UK Referendum in the summer. These thoughts will be equally relevant post the US Elections.

In addition, our new website section **Towards Human Flourishing** offers a myriad of links and book suggestions that may be of value in considering responses to the world situation. Our new course **Love for the Future: Being at Home on the Earth** also gives an opportunity for local groups to work together on responses to the global issues of today. Both of these initiatives work on the basis that the resources of the contemplative tradition are a good basis for approaching world issues in ways that are not anger-based and won't leave people drained of energy.

Introduction to the Newsletter

We begin by introducing the change of Living Spirituality's name to **Living Spirituality Connections**, and related changes to our logo and strapline. We also set out the vision for our future work, welcome two new regional contacts in Wales, and make a request for anyone who wants to help us to take this work forward to donate towards it.

We provide a summary of ideas presented in a range of recent talks in the UK about **the New Spirituality Revolution**, and we review the related book **Grounded** by Diana Butler Bass.

We have two pieces about helpful modes of communication following the divisiveness following the Referendum.

We publish a piece on **The Planetary Pentecost** by a young member of the Contemplative Society, which supports Cynthia Bourgeault's work.

We report on the success of the recent **Eco Fun Palaces** event bringing sciences and arts together in a participatory and celebratory way, and coinciding with Harvest and the awarding of a bronze Eco Church Award to St James's Piccadilly.

We have a review by our new regional contact for North West Wales of a book called **Leading from the Emerging Future: From Ego-System to Eco-System Economies**, which relates to the topics covered in our Towards Human Flourishing Special Interest Area.

Linda Courage, who is the contact for our Art, Poetry and Spirituality Special Interest Area, has written outlining how an online Abbey of the Arts can become a real community.

Finally we thank Gwen Cashmore, the co-founder of the Ecumenical Spirituality Project (a forerunner of Living Spirituality Connections) for putting us in touch with Sue Draper of the Methodist Church who has produced a very useful guide to resources on spirituality and ageing which we link to here.

Living Spirituality Name Change and Future Activities



We have changed our name to ***Living Spirituality Connections***.

Our Steering Group has met and worked together to bring energy and life to *Living Spirituality* since 2012. The focus and purpose of LSC has become clearer as a result of this process and we now feel more established. We now see that a key need we are responding to is to connect people with another and with diverse resources, and want to communicate that aim in our name. We have adopted a new logo to reflect the connections theme.

Future direction

Events: We will continue to signpost to events through quarterly events listings

emailed to subscribers. We run an annual Living Spirituality Connections event in London in partnership with St James's Piccadilly, and for the first time have a weekend workshop at Holyrood House in North Yorks in June 2017 on living spirituality themes.

E-Newsletters: We will send e-newsletters three times a year.

Special Interest Areas: We will continue to develop Special Interest Areas responding to our subscribers' interests. Currently these are: **Art, Poetry and Spirituality; Music and Spirituality; Spiritual Journeying; and Towards Human Flourishing.**

We are experimenting with different ways of enabling people who have signed up for these to connect with one another. A Facebook Group will be introduced for Art Poetry and Spirituality in the New Year. Towards Human Flourishing will offer a Google Group.

A future Special Interest Area will be Health, Healing and Spirituality, with the aim of signposting to relevant resources in that field.

Ongoing courses available via our website: We have started a website section for ongoing courses that people can take and put on in their own area. The first of these is **Love for the Future: Being at Home on the Earth**, which enables people to draw on contemplative practices to help clarify and energise their response to issues of ecology and

injustice. Course materials are available to download free of charge from our website: www.livingspirit.org.uk/lftf.

Future possibilities are Pathways to Human Flourishing courses, and a course introducing Deep Abiding Prayer, a community healing approach inspired by Teresa of Avila and many other sources.

Regional Contacts: We will continue to provide a list of **Regional Contacts** to enable people to connect with others in their area if they wish to. We welcome new contacts for South & West Wales and North West Wales with this newsletter.

Collaborative work: It is important to us to collaborate with other organisations with a similar vision, and we have ongoing collaborations with the Institute for Theological Partnerships at the University of Winchester, Holy Rood House in North Yorks, St James's Piccadilly and Pathways to Human Flourishing. We also have many linked organisations – see www.livingspirit.org.uk/resources-and-links/links-to-other-organisations.

Feedback from you

It would be very helpful to us to know which of the above areas are of most value to you, and whether you have further suggestions. Please drop me a quick email at petragriffiths@livingspirit.org.uk with any feedback and suggestions.

Donations towards our work

It would greatly help us to continue to provide and develop Living Spirituality Connections if you would be willing to donate towards it. While most of our work is done on a voluntary basis, we do need to pay for website work, and want to produce new leaflets, posters and a roll up banner to let people know about our work. Please consider making a donation to LSC by requesting the details for online payments or for cheques at: www.livingspirit.org.uk/support-us.

We look forward to hearing from you.

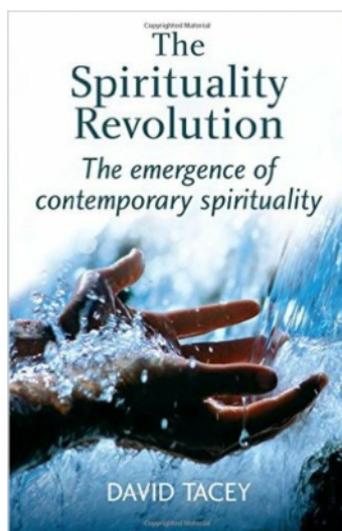
With best wishes,
Petra Griffiths,
Coordinator

What is the New Spirituality Revolution? Summary of key themes

by Petra Griffiths

We have had a plethora of events in the UK in recent months addressing what is called “the new spirituality revolution”.

We have compiled here - www.livingspirit.org.uk/newspiritualityrevolution.pdf - some of the main themes of these talks so as to help answer the question “what is the new spirituality revolution?”. The summaries are of talks or books by Diana Butler Bass, David Tacey, Brian McLaren, Joan Chittister, the



Modern Church event “Do we need a new Reformation? Reclaiming faith for the people,” with Dr Lorraine Cavanagh, and Eley McAinsh’s reflections on interviews with people about contemporary spirituality.

Feedback from you

We should be delighted to hear from readers as to whether these themes ring true for you as a description of contemporary spirituality and how you are working them out in your life.

Please send your feedback or comments via our Contact Form - www.livingspirit.org.uk/contact-us.

Review of Grounded: Finding God in the World - A Spiritual Revolution by Diana Butler Bass

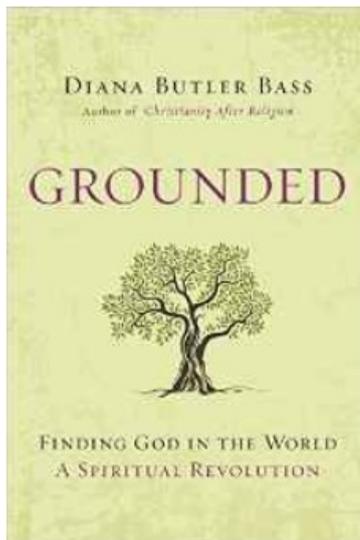
Reviewed by Petra Griffiths

Diana Butler Bass’s new book provides a practical guide to the ways in which people are finding the sacred in everyday life, helping to co-create a future that is life-giving and a sustainable world of compassion. This change is connected with general developments in the world resulting from the opposing forces of globalisation and personalisation, as well as the rich insights about the universe that science has provided.

People of today want to express their uniqueness and create environments to make meaning. The changed conception of God is a rebirthing of faith from the ground up rather than something that is hierarchically imposed. Through this book Diana BB wants to provide greater clarity, so that those walking this path are helped to do so with greater confidence.

Diana BB doesn’t see this as about everyone needing to leave the church because the church has got it wrong. While some have left, others continue within their local faith community.

However she does say that she and others are heart-broken that the faith traditions we love seem to be sleepwalking through the revolution. The new God that has risen just over the



horizon is one of “intimate longing and infinite love”, who has always been present in the vision of Biblical prophets and seers, and is now felt by people as “the love that connects and creates all things” – reminiscent of Matthew Fox’s vision of the Cosmic Christ as the pattern that connects.

I like Diana BB’s idea that instead of the transcendent God being seen as high up above the earth, what we now sense is a God who retains the aspect of mystery, and is experienced as “just over the horizon” rather than reigning above us. Diana BB develops Tillich’s idea of the numinous presence of God at the centre of all things, which grounds humans within the sacred. Diana BB’s vision is that the pattern of God all around us relates to contemporary concerns and provides meaning and hope for the future as well as being founded in rich insights from the wisdom of the past.

The book chapters cover many down-to-earth aspects such as dirt, water, roots,

home, neighbourhood and the wider “commons”. She provides many examples of hopeful developments where people are connecting with their local neighbourhood and with people in places of suffering, giving form to their compassion for others and for the earth.

There is much to be encouraged about in this book. How exactly this is worked out in relation to Christianity, churches, and the role of Christ remains to be revealed.

A series of study guides for groups to use along with the book are available on Diana BB’s website:

www.dianabutlerbass.com/books/grounded-finding-god-in-the-world-a-spiritual-revolution/resources-for-reading-and-studying-grounded/#guides.

A 21 minute interview with Diana BB about the book is available at:

www.marginalia.lareviewofbooks.org/first-impressions-64-diana-butler-bass-and-the-emerging-spiritual-revolution.

Reflections on ways forward following the UK Referendum

Two of LSC's Steering Group members reflect on helpful approaches and communication styles in relation to the aftermath of the Referendum. These are now equally relevant to the post-USA presidential elections.

1. A new initiative, founded on respect

by Heather-Jane Ozanne



"Scientists know that progress is made through co-operation" - Stephen Hawking

I am writing following the Brexit vote in the UK which has caused shockwaves in many quarters, even to many who voted 'Leave' and grief and anxiety to huge numbers of people who voted 'Remain'. It has opened up many divisions in society, some of which have lain dormant or have rumbled away under the surface for some time.

Two particular ideals run through my mind as I continue to grapple with all that is unfolding. The first concerns the quotation above which highlights the importance of co-operation. I was recently privileged to hear a talk by a geologist, who was passionate about the dynamic processes at work in evolution. Something which impressed many of us who listened was how necessary it has been for evolutionary forces to co-operate, sometimes one force or organism allowing itself to be subsumed to create the next evolutionary leap. The whole is greater than the parts and the whole is created by the parts working together.

The second ideal is respect. Huge concern has been expressed over the lack of respect for each other and for opposing views in the recent EU referendum campaign. This lack of respect seems to be echoed in the surfacing of racist abuse in the UK and other divisions which are emerging.

At the same time I am pleased to be collaborating with others who are working towards the creation of a culture of greater respect, for each other and our planet. Respect for one another, including those who are different from us, is at the heart of Spirit of Peace and that is why I am pleased to now be able to introduce to you a new initiative, founded on respect, called 'Civil-isation'. 'Civil-isation' suggests that humanity needs to co-operate around the simplest ideal and that ideal is respect.

Please click this link (www.civilisation.com) to find out more and to have the opportunity to join with others in promoting a culture of respect.

Growing up as I did in an atmosphere which was sometimes tolerant of my own mixed race and sometimes facing attack and abuse, I came to very much appreciate the thinking of Nobel Peace Prize Laureate, Dr Albert Schweitzer. I would like to finish with two quotes from him:

'The first step in the evolution of ethics is a sense of solidarity with other human beings.'

'Ethics is nothing other than reverence for life. Reverence for life affords me my fundamental principle of morality...'

As we face whatever divides us, be it the referendum in the UK, the elections in the USA, and the myriad conflicts around the world, it is my hope that co-operation and respect can gain a foothold and eventually prevail.

Heather-Jane Ozanne is Chief Executive of Spirit of Peace (www.spiritofpeace.co.uk) and is a member of the Living Spirituality Connections Steering Group.

2. Modes of communication after contentious events

by Linda Courage



There is something about the nature of a conversation that I had with a dear friend in the midst of last summer's recent referendum campaign that is akin to calm in a storm. I had thought that I knew which way to vote, and was quite surprised that she had absolutely no qualms about voting the opposite.

She is my senior, is well travelled, has lived and worked abroad in Europe and Africa, is deeply respectful of race and religion, a deep thinker and experienced researcher into the undercurrents and themes within movements. She had a strong feeling that Brexit would win the vote. She does not use the Internet or watch television.

The conversation we had was underpinned by our knowing and trusting each other, and a deep respect for the other. We both felt comfortable explaining what we thought and why we thought it. We were able to question

threads of these beliefs without loss of face or faith in our own stances. The conversation was deeply satisfying and enjoyable – a real debate that left me uncertain.

When I shared this uncertainty on social media I received a wave of graphs and lists of what others were voting and the dangers of voting one way or the other. There was a marked difference between the tone and purpose of these communications and the conversation with my friend.

I am conscious that we do need calm within the storms that take various forms in our lives and our world at this time. I've been drawn to looking for ways that others suggest we achieve this and am heartened that there are many quality, sober, life enhancing, inclusive broadcasts, and written materials available.

"Spare me perfection. Give me instead the wholeness that comes from embracing the full reality of who I am, just as I am. Paradoxically, it is this whole self that is most perfect."

--David G. Benner

From Richard Rohr daily reflection
31.7.16

The turmoil we see around the world in violence and fundamentalism is an expression of the shadow part of us all. The shadow is the primitive part of ourselves that we are ashamed of and that we try to hide from others, and

especially ourselves. It contains many repressed and sometimes useful things, but also the fearful, angry, hateful, spiteful part of ourselves. It is much more comfortable attributing these things to others than for us to understand and accept these parts of ourselves.

World leaders are not exempt from their shadow, but it is crucial that they are mature and aware of their primitive instincts so that they are not then acted out on others. Donald Trump is working from his shadow and is a master at stirring up the primitive in others.

We are fortunate to have the experience and initiatives of Heather-Jane and Spirit of Peace (www.spiritofpeace.co.uk) to guide us based on peace-making and peace-keeping locally and overseas. Her reflections in this newsletter point to important and exciting initiatives.

In addition, Living Spirituality Connections advocates contemplative practices that can then lead to actions that come from spaciousness rather than reactivity. We have resources to guide people looking to develop these spiritual practices in their own lives within the website at www.livingspirit.org.uk/sia/towards-human-flourishing.

Linda Courage – for details see the article '*Can an online Abbey really become a community?*'.

Image credit: [David Pacey](#).

The Planetary Pentecost

by Gabrielle Stoner

This comment piece on the dawning of a new "Church" was written following the American Teilhard Association annual meeting in mid May.



As many of you know, Pentecost is the celebration in the liturgical Christian calendar of the arrival of the Holy Spirit ten days after the ascension of Jesus, and celebrates the "birthday" of the church. According to the gospels, the Holy Spirit came down in the form of tongues of fire that rested above each of the disciples and, in turn, gave them the capacity to speak in different "tongues". People who heard them started gathering and, as they heard all these languages being spoken, it created a lot of confusion and some even chalked up these "fiery fluent crazies" as being drunk.... The traditional phrase that you'll often hear on Pentecost is "Veni Sancte Spiritus" which translates as "Come Holy Spirit," an ancient invocation of the "Bring it on!" variety.

While I have been following the liturgical calendar a bit more closely this year, I wasn't thinking particularly about the unique correlation between this

special day and the American Teilhard Association gathering. During the question and answer time following Ilia Delio's address, however, someone raised the question about why young people don't seem interested in the church, and what that might mean evolutionarily for the future of world religions. Ilia gave a response in which she criticized (as Teilhard did) the outdated theology and doctrine that is simply becoming incompatible with the future generations of humanity.

Mary Evelyn Tucker (a board member of the ATA and one of the hosts of the event) jumped in to add that this is why she, Mary Evelyn, believed it was important to just "take the God language out" in projects such as her "The Journey of the Universe" project to make it more appealing to younger generations.

While I do agree that "God language" is often off-putting to those of us who might be in the "spiritual but not religious" camp, I have to disagree that the answer is to simply take "God language" *out* of the equation. Omission is not evolution, and while many among us *are* atheists, there are also many who, as Teilhard describes, might be more aptly called "unsatisfied theists":

"We are surrounded by a certain sort of pessimist who continually tells us that our world is foundering in atheism. But ***should we not rather say that what it is suffering from is***

unsatisfied theism?...are you quite sure that what they are rejecting is not simply the image of a God who is too insignificant to nourish in us this concern to survive and super-live to which the need to worship may ultimately be reduced?"

(from Pierre Teilhard de Chardin, *Activation of Energy*, p.239-240).

Rather than throwing out "God" with the dirty bathwater of what no longer serves humanity in religion, it is our task to transcend and evolve the language of a "God who is too insignificant for us to worship". Our ideas must *expand* and *deepen* in order to touch upon the mystical heart that so enraptured and informed Teilhard: the fiery center of the universe he called the heart of God, the beating *personal* center of *all* traditions and whose fabric we shape with our very lives.

I happen to think that many of us in the Millennial cohort believe in God, just not of the white-bearded-up-in-the-sky variety. ***What we are leaving behind is tribal exclusionary religion and instead intuiting our way forward into a faith that believes whomever God is, God has to be the dynamism and sum of all relationships in this great system in the process of evolution. Whomever God is, God has to be intimately and inextricably shining through every facet of this incredible material world. And whatever that faith is, it has to include everyone, everywhere, and must offer us solutions***

of the salvation of the planet NOW, not later.

Some scholars describe this as the birth of Second Axial age religion and, unsurprisingly, this new vision and language of God is spreading like wildfire and is creating a lot of confusion for those that prefer the older language of God.

Fire, new language, translation issues, confusion. Now where have we heard that before?

Welcome to the Planetary Pentecost and the birth of a church as big as the cosmos itself.

Veni Sancte Spiritus. Bring it on.

We thank **The Contemplative Society** and **Gabrielle Stoner** for permission to reproduce this blog post.

The two continuation Planetary Pentecost blog posts are at:

www.contemplative.org/the-planetary-pentecost-part-ii and

www.contemplative.org/the-planetary-pentecost-part-iii.

Gabrielle Brie Stoner is a student, musician, writer and a recent graduate of the Living School for Action and Contemplation. Her band Avila has released a new album in 2016. She describes herself as "a mystic loving millennial spiritual misfit". Her website is www.becomingultrahuman.com.

SUCCESS OF THE ECO FUN PALACE

2 October 2016 at St James's Piccadilly

by Petra Griffiths



At Greenspirit's Universe Story stall

'Everyone an artist, everyone a scientist' was the strapline for this interesting and successful day which launched St James's campaign to move from the Eco church Bronze Award towards a Gold Award.

What is a Fun Palace? A campaign for culture at the heart of community – an annual weekend of arts and science events created by, for and with local people.

Why an Eco Fun Palace? To celebrate planet Earth on Harvest Sunday through cultural engagement with the natural world.

What took place? Pavement geology; drumming; minibeast hunts; dance; DNA

science and conservation activities; singing; the Universe Story; sky-gazing; community artwork; labyrinth walking; bio-media meltdown; fossils; knitting and much more. The youngest participant was 15 months old.

Congratulations to St James's Sustainability Champion Deborah Colvin, who is also an LSC subscriber, on this imaginative project, which succeeded in changing the connotation of "eco" from difficult and potentially depressing to upbeat, fun, and fascinating. The participation of the local scientific societies such as the Linnean Society, was particularly significant. This society is the world's oldest active biological society, and plays a central role in the documentation of the world's flora and fauna, which are key for biodiversity conservation. They rated the day highly too on Twitter:

Linnean Learning – @linneanlearning

We had a fantastic time at yesterday's @SJPEcoFunPalace Thanks everyone who came! Bring on next year! #FunPalaces #DNA #taxonomy #science

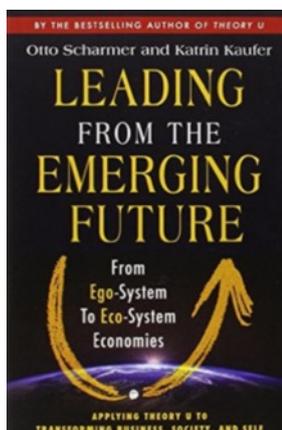


Leading from the Emerging Future: From Ego-System to Eco-System Economies

by Otto Scharmer & Katrin Kaufer

Reviewed by Keith Beasley

Any book that quotes Thich Nhat Hanh and Master Nan's reinterpretation of Confucius's Great Learning in a discourse on the evolution of Economics and Business has to be worth at least a second look. In fact I read it (very nearly) cover to cover. As someone who has fine-tuned the art of rapid reading, this is a huge compliment to Otto Scharmer, a senior lecturer at MIT, and Katrin Kaufer, co-founder with Scharmer of the Presencing Institute (www.presencing.com). Charting the formation of the ecological, social and spiritual-cultural divides, the authors



identify the underlying disconnects in the various systems that have, until recently, kept the world's governments and businesses running.

This message is not new, but this presentation of it is both succinct, readable and, most importantly, offers a solution that

not just satisfies logic but also heart and soul. Even more usefully, they include many real-world examples of how their 'presencing' and 'Theory U' approaches have led to major shifts in how old-paradigm organisations have become shining examples of what can happen when all parties co-sense and work with the new future which they are convinced is emerging.

For the full book review, go to www.livingspirit.org.uk/emerging-future.

Keith Beasley is course director at the Body Mind Institute (www.bodymindinstitute.com) and has just become Living Spirituality Connections Regional Contact for North West Wales.

Thank you to the Scientific and Medical Network (www.scimednet.org) who have allowed us to reproduce this review which first appeared in the Network Review Winter 2015-16.

Can an online Abbey really become a community?

by Linda Courage



This was a question I asked myself when considering registering for a retreat with the **Abbey of the Arts** two years ago (www.abbeyofthearts.com). I had been a member of a community where we met in person over a two year period, and doubted an online community could come close to what we shared and became.

On reflection I realised that even in close communities we share only a part of ourselves, particularly if we are engaged in a particular hobby or project, and this thought encouraged me to see the very real possibilities offered through an online community.

I decided to give it a try and have written previously about this retreat and the methods that were used at www.livingspirit.org.uk/a-creative-pilgrimage-with-the-abbey-of-the-arts. It was obvious to me that a number of the people on my first retreat already knew

each other and were re-connecting in a very human way. The platform used for the courses seemed to help this to happen, and the facilitators were skilled in helping everyone know their contributions were welcome. There was also the freedom to stay in the shadows if people needed, and the encouragement to know that whatever we contributed was absolutely enough. Many of us fell behind with the daily programme, and this too was welcomed. I enjoyed the different kinds of conversation that happened 'at the back', feeling the stresses of having to keep up fall away.

On subsequent retreats I re-connected with people around the world, watching out for some who became online friends. It didn't take long to have a sense of belonging. This has been strengthened through a special Facebook community open to people who have completed a three month exploration that culminated in our drafting our own individual rule of life – something that I found quite profound and grounding.

This community shares thoughts and news, and has a separate chapel area for deeper requests for support. A different member of the community posts something for the rest of us to engage with each week if we choose to do so. This helps us to journey together between retreats and is a real community builder. We get to know

each other's loves and joys, families, hopes and struggles, and we are supported by our shared wisdom.

The Abbey also has a Facebook page for anyone to join and some people are now my Facebook friends.

When I first joined the community I was quite surprised when people welcomed me and explained that the Abbey is their primary spiritual community. Now I understand and find myself belonging and trusting people as I did in that wonderful face to face community years ago.

Someone once said that community is simply having a shared story. The Abbey of the Arts is a place to discover our own story, with no pressure to share. The paradox for me is that journeying gently together helps create a shared story.

People may be interested in the Abbey of the Arts Awakening the Creative Spirit retreat in Scotland in May 2017. For more information, go to www.abbeyofthearts.com/programs/live-classes-and-retreats/awakening-the-creative-spirit.

Linda Courage (formerly Pearson) enjoys using expressive arts to access the parts that the intellect cannot reach and is our link with LSC's Art, Poetry and Spirituality Special Interest Area. She is taking a lead on launching a new Facebook page for the Special Interest Area to enable people to exchange information, ideas, events and arts in a safe environment. Linda is also a member of LSC's Steering Group.

Spirituality and Ageing



A list of resources has been compiled to help equip churches and individuals exploring spirituality and ageing.

It can be found at www.livingspirit.org.uk/spirituality-and-ageing.pdf.

It's a starting point rather than a comprehensive list, and it intentionally doesn't go into specialist detail on, for example, dementia.

Our thanks to Sue Draper of the Methodist Church for enabling us to provide a link to this valuable list.

Image credit: [Martin LaBar](#).