

Bread of Life

Cultivating attitudes, skills and practices that transform lives, organizations, and communities.

www.breadoflife.org

An Open Letter from Our Board

Sandra and I are writing to let you know about some important work we are undertaking at the Bread of Life Center.

After 18 years and with the realities of financial and space constraints, it is time to look at our model of service delivery and where we want to invest our resources going forward. In June the board of directors, together with staff, began a strategic analysis to develop a long-range plan for Bread of Life.

As part of the analysis and long-range planning we are speaking with other organizations to explore opportunities for collaborations and partnerships. Our program staff is also reviewing their services and in some cases, making some changes in the short term that will facilitate our long-range plans.

To this end the Spirit in the Arts program has shifted from the self-directed open art studio to facilitated offerings. During this time, new opportunities to expand arts programming are being explored and we are quite hopeful

that a revitalized and more vibrant program will emerge.

While we know this time of reflection and planning is necessary and important, it is also a time of some uncertainty for everyone who is engaged with Bread of Life.

We ask for your continued good thoughts and prayers for the work of the board and staff as we take Bread of Life Center through this transformation. We will update you as our long-range plans unfold.

If you have any questions please email us at: sroeseler@societyfortheblind.org or sandra@breadoflife.org. Sandra (916) 648-1803 X112 also welcomes your calls.

Warmest Regards,

Shari Roeseler Board President Sandra Lommasson Executive Director

Transformation involves much more than mere adaptation to outer manipulation. Transformation implies new being... new creation rather than change.

Flora Slosson Wuellner

Dynamic Dialogue Goes to Sri Lanka



A Moment of Dialogue at a Temple

Over the summer Dialogue Director Jean Holsten joined an exceptional team of faculty and students from several University of California graduate schools and the University of Peridanya in Sri Lanka to take a multidisciplinary, multicultural look at health challenges affecting the people of Sri Lanka. The 11 American and 6 Sri Lankan students worked with Medical, Veterinary and Environmental Colleges to research and dialogue about complex health problems for the first international research project organized by the UC Davis *One Health* program.

One Health brings human health, animal health and environmental health professionals together to share their knowledge and perspectives so new, creative, helpful approaches can be found to respond to difficult health issues around the world. The biggest challenge ? Getting people (see p. 2)

Time for Something More

You know the symptoms: A restlessness. An interior ‘itch’. A desire for something different. It’s a spiritual invitation. While advertisers try to convince you that consuming more products or experiences will relieve it, a spiritual hunger needs spiritual attention. It’s what we humans are made for.

Join us to ‘taste and see’ how Bread of Life approaches this core human need through practices that help you look at the Spirit already moving in your life alongside others on the same intentional journey. The combination of awareness practice within a small community across time helps potential next steps that meet the hunger come into view.

WHEN: Two sessions, Wednesday, October 21, 6:30-9 pm in Elk Grove and Saturday, October 24, 2-5 pm at Bread of Life.

COST: \$55

FACILITATORS: Tom Morgan and Jane Rabin

Enrollment is limited. Sign up early to reserve your place.



Listen to Your Life and our Spiritual Direction Internship Begin

I am immensely grateful for the work of Bread of Life that has been so richly instrumental in finding my way to a new peace and freedom in the service of God and all my brothers and sisters.

— KJ

We extend a warm welcome to 30 participants in Listen to Your Life 2015 (including 6 who are “Still Listening”) and the two-year internship for learning the Art of Spiritual Direction. While Listen to Your Life is the pre-requisite for the Internship, many use it as a stand-alone to listen for next steps in discovering “Something More.” Here one of our 2014 participants, Karen Judge, reflects on her experience.

“My decision to participate in Listen to Your Life as my 70th birthday approached was an inspired one indeed. With the wise and loving guidance of our faculty I became increasingly attuned to the movements of the Spirit blowing quietly in the depths of my mind, heart and body. Almost imperceptibly as the days and months of the program marched on I discovered myself making choices—both large and small—which have led me to actualize my hope of using my God-given gifts in spiritual ministry within my faith community in San Jose and beyond. With my awakened capacity to truly listen to my life, my ability to respond to God’s grace has grown as well.”

Karen Judge, class of 2014

(Sri Lanka continued from cover) ...from different disciplines and cultures to speak and listen to each other in ways that prompt creativity and learning. Interactions between humans, animals and the environment combined with the huge changes in industrialization and technological advances have led to complex health challenges that cannot be solved by one discipline. Together we hope to approach health needs from a more holistic and systemic view.

By introducing, supporting and practicing ways to reflect and engage beyond our normal (discipline-trained) focus we stimulated a broader way of thinking and engaging health issues. Using a framework of Quality of Presence and Quality of Engagement with practices related to cultivating these qualities (cont. on page 3)



Dialogue at a Dairy

Upcoming Offerings, Fall 2015

- ◆ **Mending Hearts Sewing Circle**, 10:30-3:30 2nd & 3rd Mondays in September; 1st & 3rd Mondays in October. Supported by a Teichert Foundation grant. Join us for an **Arts Reception** for Mending Hearts facilitator **Brenda Brooks** on Tuesday, September 15, 6:30-7:30 in the Art Gallery.
- ◆ **Loving Your Brain as Spiritual Practice: from Awareness into Life Practice**, Tanda Ainsworth, A retreat day on Sept. 19, 9 am—4pm followed by 3 small group sessions (9/29, 10/13, 10/27, 6-8 pm, Bread of Life upstairs.
- ◆ **Wisdom of the Wild Heart: Process Painting & Writing**, Toni Tiedemann, Saturday, October 3, 10 am-3 pm, Bread of Life downstairs. Cost: \$75
- ◆ **Creative Conversations: Creating Art Using All Your Senses**, Mary Dignan and Carol Mathew-Rogers, 4 Thursdays, October 8-29, 6-8:30 pm, Bread of Life Art Studio. Cost: \$60

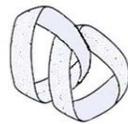
Want to support these vital developments in the mission? This QR code will take you directly to our online donation page at www.breadoflife.org.

Thank you!



- ◆ **Radical Self-Care, Retreat for Home Caregivers**, Julie Interrante, Wednesday, October 14, 10 am-3 pm. Location: private home (address will be provided upon registration). Cost: \$70 by Sept. 30. \$80 after.
- ◆ **Writing from the Spirit**, Pia Spector, 6 Tuesdays, October 27-December 1, 6-8 pm, Bread of Life upstairs. Cost: \$65
- ◆ **Real Time for You, Retreat for Professional Caregivers**, Julie Interrante, Thursday, October 29, 9:30 am-3 pm. Location: private home (address provided upon registration). Cost: \$125 by Oct. 15; \$140 after; catered lunch included.
- ◆ **Soul Revealed: Introduction to SoulCollage®**, Karen Haas, Saturday, November 7, 10 am-4 pm, Bread of Life upstairs. Cost: \$45 (first-time participants), \$30 (experienced SoulCollagers).

Visit www.breadoflife.org to learn more and register. Thank you for your interest in Bread of Life's offerings!



DynamicDialogue™

Beyond business as usual

(Sri Lanka continued from page 2) We designed processes that supported asking questions, listening to cultural, scientific, and practical realities and then working on scenarios that integrate the learning. The evaluations were amazingly positive and we will continue to work with UC Davis faculty to assist in One Health and other programs.

Dialogue with a Fisherman 's Family

FALL OFFERINGS

- ◆ Awareness, Sept 14
- ◆ Compassion, Sept 18
- ◆ Creative Freedom, Sept 21
- ◆ Interdependence, TBD
- ◆ Awareness & Compassion, Nov 6-7
- ◆ Creative Freedom & Interdependence, Nov 13-14

These four component parts that are building blocks for dialogue practice to help equip you with skills and attitudes to negotiate the complexity and challenges of our times.

Know an organization or company that can use Dynamic Dialogue? Contact jenny@breadoflife.org or jean@breadoflife.org, (916) 648-1803.



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CORE is designed for groups seeking to reflect upon their mission, their relationships, and how they might better serve their constituents. CORE consists of simple creative processes, self reflection, and group sharing to explore and discover what is alive in your organization.

Please join us for an
Introduction to CORE
Monday, October 19
5:30 pm to 8:00 pm
\$10 registration fee (includes dinner)
Bread of Life, upstairs with
Talib Huff and Carol Mathew-Rogers



For questions or comments related to this newsletter, contact us at (916) 648-1803 or sandra@breadoflife.org.
This newsletter is available in e-version only unless you come by or contact us for a printed version.