

Ready for Something More?

- Looking for something “more” or a renewed sense of direction in your life or the life of a community you lead?
- Sensing a spiritual dimension to a desire for something new in the unfolding of your life?
- Wanting to experience a community of mutually committed explorers discovering the breadth & depth of the human journey?
- Ready to discern next steps in discovering and living into your ‘life’s calling’?

Vocation does not come from willfulness. It comes from listening... Before I can tell my life what I want to do with it, I must listen to my life telling me who I am. — Parker Palmer

Who Would Benefit?

- People in formal or informal ministries
- Helping professionals wanting to explore the spiritual undercurrents of the human journey.
- Depth journeyers wanting to give shape and form to their life practice for service in the world.
- People discerning a potential call to becoming a spiritual director. **This program is a pre-requisite to our 2-year spiritual direction internship.**
- REPEAT PARTICIPANTS wanting to become part of a peer learning group are welcome at a reduced rate.

When and Where:

Each 9-month cycle runs January through October with August a month off dedicated to engaging your practice ‘in the field’ wherever you are. With the exception of the opening retreat, **Monday, January 9–Wednesday January 11, 2017** regular meetings occur at Bread of Life on **second Saturdays, 9-4 of February-July and September-October**.

How to apply:

The program is a depth exploration for committed journeyers and we ask applicants to reflect on what has brought them to seek this opportunity.

Download the application from www.breadoflife.org and submit it with your letter of recommendation.

Admission interviews: are conducted as applications are completed.

“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

Howard Thurman

Bread of Life

1260 Fulton Avenue, Suite A
Sacramento CA 95825
(916) 648-1803
www.breadoflife.org

Begins 1/2017

Listen to Your Life: A Sacred Voice is Calling



A nine-month program for discovering anew who you most deeply are and for growing in response.

Bread of Life

The Art of Opening to God in All of Life

This program provides the essential foundation of personal spiritual formation within a committed community of practice. Developing a contemplative attitude and depth relationship with God in all areas of your “circle of life” is the basis for noticing next steps in your call.

Oh! This is about listening to my life, not listening to my *opinion* of my life. That’s completely different!
— A 2015 participant

Listening to my Life as a leader is essential if I want to assist the congregation in its work. If I can’t do it with me, I can’t do it with them.
— A pastor

I’m already having plenty of opportunity to utilize the skills we are learning. What a great program!
— A chaplain

Topics Include:

- Opening Our Graced Histories
- Cultivating the Contemplative Attitude in Your ‘Circle of Life’
- Praying From Where You Are: Incarnational Prayer
- Spiritual Community: Gifts and Shadows
- The Dialogical Stance & the Conversion of Relationship
- Praying the Sacred Story
- Discernment of Call
- Living a Whole Life : The Spiritual Practice of Integration

Program Principles

The program is grounded in the Christian story *and* draws from and honors diverse traditions. We consider the capacity to listen for the movements of Spirit in whatever tradition or life arena they arise to be an essential work of the human family in our time

We trust that the Mystery called God is fully present in human experience and believe our human vocation is waking up to and growing in response to that Presence. We consider cultivating a contemplative attitude and attending to the building of community to be necessary elements in discerning one’s expression of this relationship (or call.)

We cultivate these elements with:

- A combination of retreats and sessions bringing the space needed to take “a long, loving look at the real.”
- An integrative and holistic approach that encompasses the whole human being - body, mind, heart and spirit.
- Practice of ongoing personal self-reflection and corporate contemplative dialogue to create a learning community.

The Faculty Team

Seasoned staff with years of experience as spiritual directors, supervisors, and trainers of spiritual directors. We maintain a 6 :1 ratio of participants to faculty. Bios are available on our website www.breadoflife.org

Cost

\$2050 includes retreat cost. Flexible payment plans can be arranged. Personal spiritual direction and books are separate. Repeat participants \$1200. Ask for details.

Four Participants Speak

“There is something here that is letting us be loved by God. It’s not just an idea but an experience.”

“The sense of a depth community helps me see myself a little better and with more compassion.”

“I found seminary heady; this program is enabling me to work on the sacred heart.”

“I pastor in a tradition that doesn’t know how to help connect people to their own sacred story; I am living the connections now and can take the experience back with me to my congregation.”

Core Activities and Processes:

- **Developing a contemplative attitude** & skills of deep listening to your own and others’ experience as sacred story
- **Engaging a variety of prayerful practices** that awaken awareness of the presence and activity of the Holy in the 8 dimensions of the ‘circle of my life.’
- **Integrating content & experience** through mind, body, heart and imagination.
- **Participating in intensive small group work** with an assigned mentor.
- **Reflective reading & writing** each month
- **Engaging intentional discernment** toward next steps.