



"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." Jean Shinoda Bolen

### Does this feel familiar to you?

- You long for opportunities to go deeper with companions of like heart for mutual nourishment and inspiration.
- You feel the added weight of engaging your calling in a time when toxicity in the culture adds stress to you and those you serve.
- You have begun to wonder whether you are making a difference in what you do.
- You love what you do, but it's been too long since you've felt the freedom to sink into participation without regard for your role.
- You find the spark that first called you to the work dimming.

Self-care through meaningful connection is not selfish but a priority and necessity in the type of work we do.

## Who We Are

### About Bread of Life

We are an educational public benefit non-profit which has been serving Northern California and beyond since 1997. We offer programs and services for those with a desire to discover dimensions of a deeper life personally and with others, with a particular focus on serving those who serve in faith communities, non-profits, healthcare, public and social service sectors.

We offer tools and practices for personal discovery and team empowerment, opportunities for social engagement, creativity and reflective living.

We believe that each person is a unique gift for our world. Discovering and offering that gift is a lifetime's work that needs skilled support, which we provide.

We encourage each person to live generously and envision a world filled with communities that value growth for individuals and organizations.

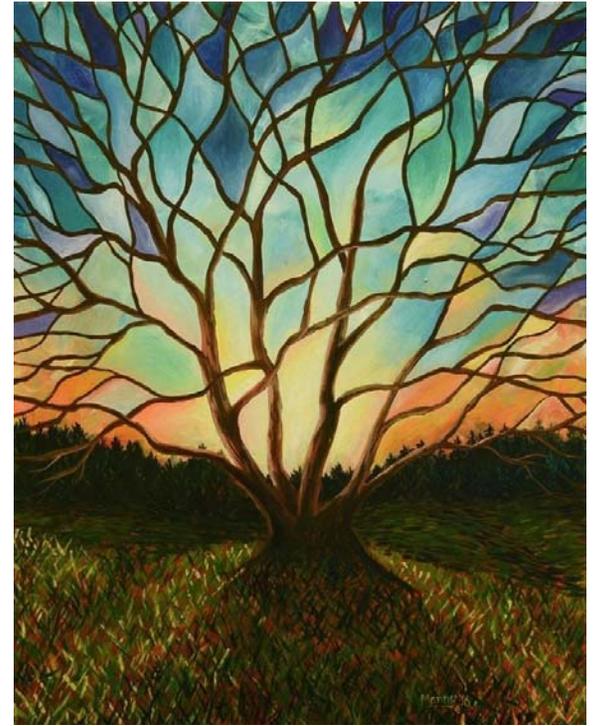
### Contact Us

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<http://www.breadoflife.org>



## Soul-Tending Membership Program 2019

*Bread of Life Center*



## Connecting with others who share a unique call

### *Bread of Life...*

offers a Soul-Tending Membership specifically designed to support those who engage the world as spiritual directors, case managers, therapists, social workers, leaders of faith communities, non-profit leaders, chaplains, mentors or other forms of 'tending other's souls.'

As someone in the role of *providing soul care for others*, you can become vulnerable to ignoring your own need for depth engagement with others of similar commitment for encouragement and renewal of your soul.

*Bread of Life* seeks partnership with other 'soul tenders' in carrying out its mission to "to cultivate attitudes, skills and practices that transform lives, organizations and communities." We need each other in this work!



## Our Tax-Deductible Membership

Supports you as a 'soul-tender' and the work of Bread of Life in developing resources for the regional learning community of soul-tenders. We do this through member gatherings and open-source resource sharing.

### Member Gatherings

Soul-tending Members have access to a **monthly newsletter** and evocative **member gatherings** designed to deepen and support you in your calling. We meet for a **brown bag lunch and conversation** on the third Wednesday of the month at Bread of Life in Sacramento.

Membership includes access to several **Bay Area gatherings** during the year in partnership with Mercy Center Burlingame.

### Topics & Resource Sheets in a members-only web page include:

- Engaging Conflicted Relationships
- Resistance- the Many Colored Coat
- What Forgiveness Looks Like in our Lives
- The Righteous Mind
- Your Relationship to Fear
- Tribes, Community & Networks
- Vulnerability and Hope... and more!

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*"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort."*

*-Deborah Day*

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*"Taking a long, loving look at the real"* Walter Burghardt

### Resource Sharing

Membership provides access to resources which can be adapted to other settings. We participate in and support an Open Source format for the tending of our world, asking only for attribution. We also encourage you to share resources of potential value to others.

## Interested?

Step into individual membership with a tax deductible \$150 annual donation or \$300 for an organizational membership for 3 people. Visit our website [www.breadoflife.org](http://www.breadoflife.org) and click "Membership" on the menu or call (916) 648-1803. Questions? Email [tom@breadoflife.org](mailto:tom@breadoflife.org).

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## 100% Tax Deductible

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Visit [www.breadoflife.org](http://www.breadoflife.org) for more information about other services we provide including spiritual direction, supervision and a range of workshops and depth formation programs.