

Bread of Life

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

www.breadoflife.org

An Open Invitation from Sandra Lommasson

As we often realize, while change is inevitable (it's part of life), transformation is not. Transformation involves the birth of something new within us or among us. Our world is constantly changing. At this critical point in human history the world is groaning towards a transformation of consciousness. Such passages are simultaneously times of great promise, great vulnerability and real danger. We, at Bread of Life, offer practices to assist with that crossing and nourish those ready to engage it.

Stepping into change in a way that allows it to become transformative demands much of us individually and collectively including the capacity to let go of the way we thought our life "was going to be" or "should be" or the ways we have understood ourselves and others. Whether this letting go and opening up process happens in a work setting or community meeting or within a personal practice,

allowing transformation requires intention, attention, and trust in what we cannot yet see. It is also a work of 'two or more' because practices of integrity and depth require a 'holding community' with experience and commitment to accompany people until the break-through.

That 'holding community' is what we offer at Bread of Life and it is always simultaneously **spiritual** (connecting us to our deepest core and what is beyond our small self); **creative** (where the new thing/thought/relationship/perception emerges); and **dialogic** (it emerges between two or more of us). Our three program streams – Creative Arts, Dialogue, and Spiritual Formation – are three different doors into that community. If you've been with us for a while, thank you for being part of this community. If you have just found us, come explore deeper what your life may need right now.

Now Showing: Fr. Sylvester Kwiatkowski's Art Exhibit, Heavenly Dreams

For Fr. Sylvester, painting was not a childhood hobby or an adolescent obsession. He discovered painting not so long ago—after he attended a silent Ignatian retreat; he describes his experience as "an explosion." Now "painting is my way of praying and meditation," he continues. At the reception we held to open his exhibit, he talked about discovering his art at the core of his spirituality, a foundation-



al principle of *Bread of Life* too. With his warm and inviting smile, and his quiet presence, he charmed all who attended. He shared, "I am amazed at the depth and new meanings of the stories I come to understand when I put them on canvass. I realized that through my paintings, my communication skills with people, believers and non-believers, has reached a much deeper and more spiritual level." Visit www.breadoflife.org to learn more and come delight in his art that draws you in like a beautiful dream.

'Art Invasion'

On a beautiful morning in early June, we hosted musicians from Sacramento Philharmonic & Opera.



The live music combined with the creative arts experiences offered by our art studio brought people together to 'see the music, hear the art'. This collaboration was made possible by the commitment to interactive art our two organizations have in common. *Bread of Life* has long believed in everyone's innate ability to create and grow through self-expression and to share their gifts with all for the benefit of the common good. It was funded in part by the Sacramento Metropolitan Arts Commission, a steadfast supporter of the arts in our community.



"I felt such kindness, genuine deep kindness! What a blessing! What a remarkable group of people to journey with over the next two years! I truly believe that I needed my training and practice as a spiritual director to appreciate and be ready to do this important work required in Dynamic Dialogue. Many, many thanks for doing this work and for making it possible for all of us to grow and learn." Carol, participant in the 2-year Dynamic Dialogue Practicum

Thank you for supporting Bread of Life!
Big Day of Giving, May 5, 2015

A-H

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Dr. Howard Homler

H (cont'd) - S

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Karen Judge
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Darlene Schoppman
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S (cont'd) - Z

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If you missed the Day of Giving but would like to support us, this QR code will take you directly to our online donation page at www.breadoflife.org. Thank you!



Upcoming Offerings, Summer-Fall 2015

- ◆ **Dreams: The Wisdom in Our Nights**, Ross Interrante, 4 Tuesdays, July 7-28, 6:30-8:30 pm, Bread of Life Gallery upstairs. Cost: \$48 (by 6/26); \$55 (after 6/26)
- ◆ **Inside Out: Inner Vision, Outer Life**, Carol Mathew-Rogers, 4 Tuesdays, July 7-28, 6:30-8:30 pm, Bread of Life upstairs. Suggested donation: \$5-\$20 per drop-in class
- ◆ **Maiden, Mother, Crone: Awaken and Embody the Divine Feminine**, Vina Parmer, MBA, 12 Mondays, August 17-November 9, 6:30-9 pm, Vina Parmer's studio in Fair Oaks. Cost: \$295 (by 8/13), \$325 (after 8/13) See www.breadoflife.org for special offers.
- ◆ **Art of Healing: SoulCollage**, Karen Haas, Saturday, August 29, 10 am-3 pm, Bread of Life downstairs. Cost: \$20



- ◆ **Conscious Aging through Spiritual Practice**, Cathy Cook, 8 Tuesdays, September 1-October 20, 6:00-8:30 pm, Sierra 2 Center. Cost: \$300 (by 8/1), \$350 (after 8/1)
- ◆ **Writing from the Spirit**, Pia Spector, 6 Tuesdays, September 1-October 6, 6-8 pm, Bread of Life upstairs. Cost: \$65
- ◆ **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
- ◆ **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 (early bird by Sept. 30)
- ◆ **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 will be provided upon registration). Cost: \$125 (early bird by Oct. 15); catered lunch included
- ◆ **Loving Your Brain as Spiritual Practice: Moving 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.
- ◆ **Soul Revealed: Introduction to SoulCollage®**, Karen Haas, Saturday, November 2, 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!



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Introducing ... New Opportunities to Practice

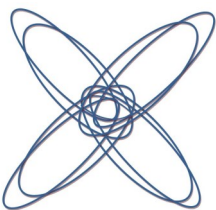


DynamicDialogue™
Beyond business as usual

The youngest member of our program family, **Dynamic Dialogue** is quickly capturing the attention of people who want to interact better with others and with our complex world—as individuals and as part of different groups and circles.

We all are waking up to a more interdependent reality. Integrating our interdependence with daily individual and communal needs is incredibly challenging.

This integration requires expanding awareness, compassion and creative freedom to continually call each other to a common good that truly serves both individuals and the whole.



The skills needed are not just in amassing and analyzing information. It is not just about communication styles and techniques. It is not only learning to operate within different cultural mores and realities. The quality of our presence is as important as the quality of our understanding, knowledge and communication. Who we are and how we share our uniqueness in a dynamic interchange with others is critical.

We are offering a series of **Dynamic Dialogue** opportunities in the summer and fall (see box to the right) to help equip you with skills and attitudes to negotiate the complexity and challenges of our times.

You can register for all these sessions at www.breadoflife.org/ourofferings.

If you know an organization or company that can use Dynamic Dialogue, ask them to contact jenny@breadoflife.org or jean@breadoflife.org, (916) 648-1803.

- ◆ Awareness & Compassion, July 27-28
- ◆ Creative Freedom & Interdependence, Aug 2-4
- ◆ Awareness, Aug 31
- ◆ Compassion, Sept 14
- ◆ Creative Freedom, Sept 18
- ◆ Interdependence, Sept 21
- ◆ Awareness & Compassion, Nov 6-7
- ◆ Creative Freedom & Interdependence, Nov 13-14

For questions or comments related to this newsletter, contact us at (916) 648-1803 or sandra@breadoflife.org. Please let us know if you would like to receive the newsletter only electronically.