

Saying "Yes!"

The dance - or at least the human response to the Dancer's invitation - often begins with a restlessness, a vague yearning for something "more." We humans are made for a living, growing relationship with God and cannot be fully alive or fully ourselves without it. And yet, the natural human longing for our lovingly creative partner creates a dilemma. We're made for the relationship, but stepping into it consciously means we cannot remain the selves we've known. Dancing in the arms of Love means letting go of who we think we are, and there is no possession which we humans clutch more tightly.

While human hunger or need or restlessness can open the spiritual gate, it is only the beginning. Step by step each person and community is invited to move from an initial relationship formed around "God helping me out in my life and agenda" into a maturing participation in God's life and agenda in the world. The journey from 'God in my life' to 'my life in God' is an ongoing work that yields the authentic Life for which all are made - one filled with abundant meaning, purpose and joy.

Providing multiple ways of engaging the partnership is what the mission of Bread of Life is all about: **to clear a way for people to intentionally engage the Mystery we call God.** Our work is to assist the human partner in saying an ever deeper "Yes" to the transformed life that radiates good news into the world in action as well as in attitude.

How might this happen? **Waking up to one's own sacred story** is an important part of the process. Spiritual directors assist by listening to another's life with an ear toward how the Spirit is already present and moving. Holy listening enables more conscious choice-making in response to the One who calls us beyond our known selves. **What spiritual directors offer to individuals, the Path of Contemplative Dialogue similarly opens for groups and organizations** wanting to partner with the movements of Spirit in their corporate life.

The **company of other committed companions on the way** is also essential to the journey. Spiritual awakening is not an individual enterprise, and so we offer a variety of workshops, groups and retreats that provide guided

exploration within small gatherings. In addition to our Davis site and offerings, we are excited by new opportunities for this kind of exploration through our **Center for the Spirit in the Arts** in North Sacramento and our **Spiritual Companions program at Loaves and Fishes**. We also take seriously Jesus' call to a small band of 12 to intensive discipleship and so offer entry to the **Community of Living Bread** each fall to those who want to experience how immersion in the Way of Jesus might shape their own lives.

Take a look at our diverse offerings, and if something inside resonates, join us in saying "Yes" to the gracious invitation of God to come and participate in the dance.

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