

Short Course in Personal Spirituality

Spirit and **spirituality**: the words weren't even around before the 13th century – that era when many world religions were first being formed.

But other words, like **Holy Ghost** and **Chi** and **Tao** were used in some early cultures, including our own, to discuss spiritual energy. Back then the word ghost was meant for the soul – which was believed to be the very seat of life. So when someone died the expression was that she/he “gave up the ghost.”

Have you had experiences giving you a sense of God's presence? Or God's absence?

A spiritual journey is made up of the events of our lives ... both the ordinary and the mystical. Our experiences are all ways for us to learn, to grow, to progress down individual pathways. Our goal is to become more aware of who we are, whose we are, what we believe and how all of this connects us with the divine.

At St. Augustine's during our study you might create your own definition of spirituality. Already there are hundreds of definitions out there created by others. But it is important that you have a definition that works for you -- that includes those things which are most important to you .

Our study group will do this through readings, reflection and discussion, plus a few individual and group exercises. Facilitated by **Virginia Ryan**, the course is designed for those of us who are interested in exploring our own spirituality. It will be a time to listen for God's presence in our individual lives. It will be a time to grow in our own unique relationship with God. Not a bad summer project.

Begins this month, one night a week for 7 weeks. More information from Judy Krug.

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They plan to engage our entire community in honoring and learning about these holy days. That small group met last week with **Virginia Ryan** from St. Peters, **Rev. Mimi Brown**, deacon at St. Giles and our **Judy Krug** all part of the discussion.

“Right now we're trying to figure out how to get Christians interested,” explained Mimi Brown. “We want to avoid ‘shoulds,’ as in ‘You should be interested.’” Believing that St. Peter's Cathedral might be interested in hosting such an event, Virginia Ryan talked with Canon Connor there and got an enthusiastic response to the idea.

Across America these events are being initiated by *The Tent of Abraham, Hagar and Sarah*, an organization of Christians, Muslims and Jews. Many local plans are still in the incubation stage.

If you are interested in participating in this celebration of faith, talk with Judy Krug. And if you are interested in learning more of what's happening at a national level, log on to www.tentofabraham.org.

Readings Next Sunday

Old Testament: Isaiah 55: 1-13. My word, says the Lord God, will accomplish the thing for which I sent it.

Psalms: Psalm 65. A song of thanksgiving for the glories of nature.

Epistle: Romans 8: 9-17. With the gift of the Holy Spirit we become heirs of God and Jesus Christ.

Gospel: Matthew 13: 1-23. Parable of the sower.

So Now Who Do I Contact?

Sr. Warden: **Mary Clowers** 864-3568. Talk to Mary about needs for pastoral care.

Jr. Warden: **Joyce Corn** 540-0655. Talk to Joyce about church buildings, maintenance, cleaning, etc.

Parish Treasurer: **Greg Duckett** 866-1508. Talk with Greg about parish budget, your giving, etc.

Deacon: **Mack Bauknicht** 328-7686. Talk with Mack about spiritual need.

Vestry Members, your representatives:

Sandra Anderson 328-1827

Inez Ford 327-9693

Hazel Hudson 343-4157

Mary Jones 867-7702

Judy Krug 525-5044

Theresa Martin 866-6649

Claude Reynolds 422-2395

Mordecai Walker 898-6543

Rudy Gabbidon 866-1077