



Oasis

Ministries For Spiritual Development
419 Deerfield Road
Camp Hill, PA 17011

Phone: 717.737.8222

E-mail: oasismin@oasismin.org

Website: www.oasismin.org

*God is everywhere
Utterly vast,
And every where near at hand*
St. Columbanus

CONTEMPLATIVE LIVING: THE SPIRITUALITY OF DAILY LIFE



A Year-Long Program
in
Deepening Daily Life
through
Contemplative Practice

**OCTOBER 2010
TO MAY 2011**



WWW.OASISMIN.ORG

Non-Profit Org.
U.S. Postage
PAID
Permit No. 667
Harrisburg, PA



***“In God, we live and move and
have our being.”*** (Acts 17:28)

Beneath the activities and busyness of our lives is a yearning to live more deeply into this truth, to live so we truly know we have our being in God.

The Oasis program for spiritual formation, *Contemplative Living: Spirituality of Daily Life*, invites us to explore living contemplatively in the middle of life's busyness, through more than specific set-aside devotional times. Indeed the spiritual life is not what we do when we stop our busy lives and sit quietly in a practiced prayer form; it is how we infuse our hours and days with an awareness of God's presence. We believe that true contemplative living integrates our lives.

Prayer is paying attention.

Simone Weil

Contemplation is being with what is.

Gerald May

The focus of *Contemplative Living: The Spirituality of Daily Life* is on the life of the participant. The goal of the program is to open more of our individual lives to contemplative awareness.

Although some core prayer practices will be included, the focus will be on the experience and process of the individual in deepening his/her life in God. In addition to the shared core curriculum, parts of the program will be shaped by the participants and leaders to honor each person's unique life situation.

***Our true home is in the present moment.
To live in the present moment is a miracle.
The miracle is not to walk on water or in the
thin air. But I think the real miracle is to walk
on the earth, and appreciate it now.***

Thich Nhat Hanh

MONTHLY GATHERINGS

Program participants gather for an opening and closing retreat and for six monthly sessions in between.

Each month will include:

- ☞ Engagement with the themes through
 - * presentations by staff
 - * dialogue among participants
 - * inner reflection
- ☞ Time for personal retreat & solitude
- ☞ Sharing & mutual support among participants
- ☞ Prayer & worship experiences

SESSION THEMES INCLUDE:

- ☞ Our holy longing
- ☞ Paying attention and being mindful
- ☞ Embodiment—God of the physical world
- ☞ The need for spiritual practices
- ☞ Growing through darkness and fear into trust and hope
- ☞ Contemplative creativity
- ☞ Daily relationships (work, family, community)
- ☞ Life rhythms—work, play and rest solitude and community
- ☞ Compassion—the overflow of contemplative living
- ☞ The opened heart—healing, gratitude and freedom

IS THIS PROGRAM FOR YOU?

- Do you desire to root your life more deeply in God?
- Do you hope to encounter God's "extra"-ordinary in your ordinary days?
- Do you want to journey *in community* with others who share the desires of your spirit?

Celebrate and honor your "Yes" by completing the attached application form and sending it, along with your one-page statement and letter of recommendation, to:

Oasis Ministries for Spiritual Development
ATTN: Registrar, 419 Deerfield Road,
Camp Hill, PA 17011



The number of participants will be **limited to 15**.

PARTICIPANTS ARE ASKED TO:

- Bring a commitment to spiritual growth
- Be present and involved in the group
- Complete assigned readings and write a brief paper based on personal experience
- Find support for this spiritual journey beyond the program itself (e.g. a spiritual companion or small group)
- Share a personal project with the group which has risen from the experience and learning of the year

What I do is live.
How I pray is breathe.
Thomas Merton

My spiritual journey has been deepened by this program. As I face mid-life it has given me the opportunity to develop a part of me that I always knew was there - but never gave myself the freedom to explore.

Catherine Campanaro
Participant in *Contemplative Living*

LEADERSHIP

Nancy L. Bieber, M.A., M.S., has been on staff at Oasis Ministries for thirteen years, and serves as a lead teacher for the *Spiritual Direction* program and the *Contemplative Living* program. Nancy is a clinical psychologist but focuses now on retreat leadership and spiritual direction. She is the author of *Decision-Making and Spiritual Discernment: The Sacred Art of Finding Your Way* (September 2010).

Marc Oehler, M.Div., LCSW, has been on staff at Oasis Ministries for six years serving as a leader in the *Spiritual Direction* program and has served over ten years as Associate Pastor for Congregational Life at the Presbyterian Church of Chatham Township. Marc leads retreats, does individual and group spiritual direction and is a licensed social worker.

Melissa Stock received her training at Oasis through *Spiritual Direction for Spiritual Guides*. She also completed three years of Spiritual Formation and two of Ignatian Spiritual Direction Training at the Kairos School of Spiritual Formation. Melissa is active in retreat leadership, spiritual direction, and Taize worship.

To learn more about our leaders and teachers, visit: www.oasismin.org/People.html

PROGRAM LOCATION

Mariawald Renewal Center
1094 Welsh Road, Reading PA 19607
Phone: 610.777.0135
www.mariawaldrenewal.com

DATES

OPENING RETREAT

10:00 a.m., Thursday, **October 7, 2010**
through 3:00 p.m., Friday, **October 8, 2010**

MONTHLY SESSIONS

10:00 a.m. – 5:00 p.m., Thursdays
November 11, December 16, 2010
January 13, February 10, March 10, April 14, 2011

CLOSING RETREAT

10:00 a.m., Thursday, **May 12, 2011**
through 3:00 p.m., Friday, **May 13, 2011**



TUITION

TUITION: \$1,550

Plus an Application Fee of \$200 (non-refundable after program begins*) sent with attached form.

If application received by May 30:

discount \$50 from application fee

If application received after August 30:

add \$50 to application fee

Tuition is to be paid in five equal installments of \$310 due upon acceptance into the program (by August) and on class meeting days in October, December, February, and April.

Participants are asked to pay for and attend all sessions. Payments by Discover/MasterCard/Visa are welcome.

**If you withdraw from the program prior to September 1, 2010, we will refund your application fee less \$50.*

SCHOLARSHIPS

Some scholarship help is available. The amount of help depends on the number of requests we receive and the amount of money in our scholarship fund. Contact us after seeking assistance from other local sources of funding (like your church or denomination).



Contemplative Living: The Spirituality of Daily Life ♦ APPLICATION FORM ♦



NAME _____ PHONE(S) HOME _____ WORK _____ FAX _____ EMAIL _____

ADDRESS _____ CITY/TOWN _____ STATE _____ ZIP _____
RELIGIOUS AFFILIATION _____ DESIRE A SUGGESTION FOR A SPIRITUAL COMPANION

*APPLICATION FEE ENCLOSED \$ _____ (check payable to "Oasis Ministries" OR VISA /MC/DISCOVER also welcomed)
VISAMC/DISCOVER # _____ EXP. DATE ____/____/____ 3-digit SECURITY CODE (on back of charge card) _____

***To apply, Complete this application & attach a short statement** (approximately one page, single-spaced) **answering:**

- What draws you to participate in this program?
- How does contemplative experience matter in your life right now?
- Describe person(s) or reading(s) which have shaped you spiritually.
- Do you have previous experience in any spiritual formation programs? (none is necessary, but helpful for the leaders to know)
- Include the name, address, and phone number of a person who will be a companion and support for you during this program, and ask her/him to write a brief statement about how the *Contemplative Living* program is a good fit for you.
(We encourage you to give them a copy of this brochure.)