



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



“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

CONTEMPLATIVE LIVING: THE SPIRITUALITY OF DAILY LIFE



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

**OCTOBER 2012
TO MAY 2013**



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**



WWW.OASISMIN.ORG

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

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:

Email (preferred): betsykeller@oasismin.org

or
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 (for example, a spiritual friend 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 since 1996, 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*.

Marc Oehler, M.Div., LCSW, has been on staff at Oasis Ministries since 2004 serving as a leader in the *Spiritual Direction* program and serves as Associate Pastor for Parish Life at West Side Presbyterian Church in Ridgewood, NJ. Marc leads retreats, does individual and group spiritual direction and is a licensed social worker.

Ruth Roemer, M.S., has been involved with the *Contemplative Living* course since 2009, both as a participant and leader. She also serves as a personal life-coach, consultant to non-profit organizations, college professor, and is in the final year of her training as a spiritual director.

*I will not die an un-lived life...
I choose to inhabit my days,
To allow my living to open me...*

Dawna Markova

PROGRAM LOCATION

St. Marguerite's Retreat House
82 West Main Street, **Mendham, NJ** 07945
Phone: 973-543-4641
<http://www.csjbretheadhouse.org/>

DATES

OPENING RETREAT

10:00 a.m., Wednesday, **October 10, 2012**
through 3:00 p.m.,
Thursday, **October 11, 2012**

MONTHLY SESSIONS

10:00 a.m. – 5:00 p.m., Thursdays
November 15, December 13, 2012
January 10, February 14, March 14,
April 11, 2013

CLOSING RETREAT

10:00 a.m., Wednesday, **May 8, 2013**
through 3:00 p.m., Thursday, **May 9, 2013**



TUITION

TUITION: \$1,750

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 may be paid in full at any time. However, suggested payment plan is \$190 due upon acceptance into the program (by September) and \$195 monthly on class meeting days October–May.

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, 2011, 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).

Email responses to betsykeller@oasismin.org

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



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

ADDRESS _____ CITY/TOWN _____ STATE _____ ZIP _____

RELIGIOUS AFFILIATION _____

*APPLICATION FEE ENCLOSED \$ _____ (check payable to "Oasis Ministries" OR VISA /MC/DISCOVER also welcomed) VISA/MC/DISCOVER # _____ EXP. DATE ____ / ____ 3-digit CODE (on back of 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 support for you during this program (for example, pastor, friend, spiritual director), 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.)