

Lenten Spiritual Deepening Opportunity

Act justly, Love tenderly and Walk humbly with your God. (Micah 6:8)

Dear CCIW Community:

I am writing to you because of an opportunity for spiritual deepening that is available this coming Lent. As many of you know, I am involved in the work of the Shalem Institute for Spiritual Formation (shalem.org) in Washington, DC. For over 40 years, Shalem has been guiding people on their spiritual journeys with programs that open their minds and awaken their hearts. I am delighted to be partnering with Shalem Institute for Spiritual Formation to offer a six-week course, beginning in March, with in-person and online components. Recognizing and living into one's call is a lifelong process of discernment. Our time together will invite you to look at your life, no matter what age, and notice your unique contribution to God's vision.

The course will run for six weekly sessions. The course will run from Sunday, March 5 through Sunday, April 9, 2017. You will also be able to access the online material for two weeks after the course ends.

Each week, you will receive a Sunday email with a link to new course material online. You will be able to listen to the audio stories and guided meditations as many times as you wish throughout the week from your home computer. There will also be opportunities for journaling personally and optional shared journaling online with the larger eCourse community. On Thursdays, you will receive an email to check in around the course material from that week.

All online material is designed to support your daily practice, which is the most important component of the course. There is no homework, mandatory lessons, readings, or writing. Below is an overview of the topics covered each week:



Week 1: What is Mine to Do?

Week 2: Calling to Embody Love

Week 3: Natural World

Week 4: Role Models

Week 5: Challenges and Underlying Gifts

Week 6: Review and Reflection

Each week includes an audio recording sharing stories of discernment, a guided meditation, and an engaging reflective exercise with journaling questions.

More information about the online component of the course can be found on the Shalem website here:

<http://shalem.org/programs/online/open-hands-willing-hearts/>

As well as the online course, we will have an opportunity to have a more personal connection with each other. Depending on how many of us from CCIW there are I will set up an online or location gathering so that we might share together what has been happening as we have gone through this program.

With this partnership with Shalem, I am able to offer you this six-session online and in-person experience for \$50, if we have a group of 10 or more. If we have less than 10, but more than 3 that cost will be \$68. The regular cost of the program is \$75.

To Register: Please send me your payment and contact information before February 22, 2017. See my info below.

Please provide your contact information below and please carefully check the information, especially the email:

Full Name _____

Preferred email address _____

(This is the email address where Shalem will send your eCourse material. Please add ruth@shalem.org and helpdesk@shalem.org to your contacts so messages do not get sent to your spam folder. Please note: Shalem cannot be responsible for a delay in registration for the eCourse if there is a typo in your email above.)

Mailing Address _____

Please send payment and contact information to:

The Rev. Al Keeney
2901 Capen Drive
Bloomington, IL 61704
309-808-0307 (H)
al.keeney@gmail.com

Please send your check, made out to Al Keeney to the above address.

Feel free to contact me with any further questions you may have: al.keeney@gmail.com

Many blessings,

The Rev. Al Keeney

(The Rev. Canon Al Keeney is a retired Episcopal priest living in Bloomington. He recently married the Rev. Dr. Teresa Dulyea-Parker, CCIW Regional Minister. He is board president and adjunct faculty member at the Shalem Institute for Spiritual Formation in Washington, DC. Al is on the leadership team for the CCIW New Day program.)