



Spiritual Exploration
Workshops & Classes
Winter–Spring 2019

To register, please find the event on our website calendar (www.plymouth.org/events/) and click on the link.

On the cover: *Bird in the Wind*,
collection of the Rijksmuseum, Amsterdam; accessed online.

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Maitri Five-Wisdom Energies

Daniel Wolpert, Interim Minister

6:30–8:00 p.m., Mondays, Jan. 7–May 6, 2019 (no class Jan. 21); plus 12 noon to 1:30 p.m., on these Thursdays: Jan. 10, Jan. 31, Feb. 21, March 21 and April 4. Room 205

Free; no registration required

We are very excited to offer a course in the field of Contemplation and Energy Healing Work: The Five Wisdom (or *Maitri*, meaning “loving kindness”) Energy Practice. Based upon Chinese and Tibetan Five Element theory and contemplative (mindfulness) psychology, The Five Wisdom teaching describes five personality types, each arising from a unique elemental energy. Unlike other personality style theories, the Five Wisdom Practice joins an experiential component, involving a meditation practice in specially designed meditation rooms, to the theoretical framework to enhance the experience of each energy. This practice is extremely useful for personal exploration and growth and healing and dovetails beautifully with our Christian life and faith.

The course will consist of classroom work, done together, and also personal practice in the maitri rooms. You do not have to attend every class session to take the course: Just come to as many as you can during each three week block of classes to learn about the energy and share your meditation experience. During each three week block, the maitri room for that energy will be available for 45-minute personal practice times.

Labyrinth Walk and Chartres Pilgrimage Introduction

Paula Northwood and M. J. McGregor

9:00–11:30 a.m., Saturday, Jan. 12, Gallery

Free; please register

Pilgrimage is a different kind of travel. It is the process of moving towards the destination that prepares the heart for arrival. One journeys to experience inner landscapes, to see with new eyes and to be changed by what one encounters. Come learn about pilgrimage and how to transform any travel into a spiritual journey.

Led by M J McGregor and Paula Northwood, this pilgrimage workshop is open to all, including those curious about the May pilgrimage to Chartres Cathedral. The Plymouth Labyrinth will be set up in the Gallery and available to walk as part of the workshop. To register: www.plymouth.org/event/the-heart-of-pilgrimage/

**Film Club—*The Plymouth Embroideries:*
*The craft and passion of the Needlers***

12:15 p.m., Jan. 20; Jackman; free; no registration

Viewers will learn about the ingenuity and determination that created the four well-known Plymouth embroideries. In the 29-minute documentary, we will meet Pauline Baynes, the illustrator who designed the embroideries, and hear about the friendships and community that formed around these works of art. Following the film, host Paula Northwood and a panel of people from Plymouth will lead a discussion about cultural complications these images create for present-day viewers.

Film Club—*Hilary and Jackie*

12:15 p.m., Feb. 3; Jackman; free; no registration

Host Philip Brunelle says: “This is the story of the great cellist Jacqueline du Pré and her sister Hilary, and their sibling rivalry. It tells of Jacqueline’s rise to fame and, later in life, her struggle with multiple sclerosis. Lots of classical music is heard during the film: Elgar, Haydn, Bach, Brahms and many more composers. The film was controversial, with friends of Jacqueline saying she was not depicted correctly, but everyone agreed that it was acted marvelously.”

Seeing with the Eyes of the Heart

Diane Boruff

Sunday, Feb. 3, 1:00–3:30 p.m.

\$40; please register by Jan. 20

A contemplative experience at the MIA (Minneapolis Institute of Art). We begin with meditation and then go into the museum in small groups to contemplate and have guided dialogue aided

by various works of art. The experience is both personal and communal, as we receive unexpected insights into our spiritual journeys.

Philip Brunelle—Through the 50 Years

6:30—8:00 p.m., Mondays, Feb. 4, April 1, May 6

Guild Hall (Sanctuary for May 6, potentially)

Free; no registration required

Come learn more about our organist-choirmaster from the man himself. Feb. 4: Philip's early years, including his role as a PK, and his early attachment to Handel's *Messiah*. April 1: Philip's journey becoming a church organist; the family struggles with the sudden death of his father. May 6: Philip's studies at the U of M, Minneapolis Symphony and early days at Plymouth. Music will be played and hymns sung; stories will be told and, throughout all the sessions, a connection into what brought him to a career in church music over other options will be explored.

Healing Touch and the Chakras

Carol Schoenecker, RN, BSN

10 a.m.–noon or 6:30–8:30 p.m., Tuesday, Feb. 12

\$10; please register

We will discuss what Healing Touch is and how the chakras are important to doing energy work. (A chakra is “any of several points of physical or spiritual energy in the human body, according to yoga philosophy,” according to Merriam-Webster online.) Healing touch works with your energy field to support your natural ability to heal. We will discuss the research which has been done that validate its use. You will have an opportunity for hands-on experience.

The Intersection of Joy and Grief: Honoring Each

Ted Bowman

12:15 p.m., Sunday, March 3 (Bowman also presents at the March 3 Sunday Forum, at 10 a.m.)

Free; no registration required

Either/or ways of seeing and responding to events and

feelings can compromise both the *either* and the *or*. There will be intersecting experiences of joy and grief. Rather than push one away, a both/and approach acknowledges overlaps of feelings and experiences. In this session, ways of honestly honoring one's joy and one's grief will be asserted and discussed using personal and family vignettes. There also will be table discussions after a presentation by Mr. Bowman. Ted Bowman's current career emphasis is on aiding people in utilizing their strengths and the resources of others in facing change and transition.

**Relationship as Spiritual Practice:
Foundation of Non-Violent Communication**

Yvette Erasmus

6:30–9:00 p.m., March 8; 9:30 a.m.–5:00 p.m., March 9

\$125 for one person; \$200 for two people; please register

Being in relationship is a delicate balance of physical, emotional, psychological and spiritual factors. Learning how to truly love one another—instead of turning on one another—is one of the great spiritual goals of our times. Join us to explore the importance of things like the quality of your presence, moment to moment awareness, the state of consciousness you are speaking from and the energy that informs your (un)skillful words as you connect with those you love.

We will explore how foundational tools of Marshall Rosenberg's nonviolent communication model can provide a powerful "how to" framework as we all practice loving one another.

Letters to All of Us—

James Baldwin's *The Fire Next Time* and

Ta-Nehisi Coates' *Between the World and Me*

Joan Thompson and Seth Patterson

1:00–2:30 p.m., Thursdays, March 14—April 11

Free; please register

Ta-Nehisi Coates cites James Baldwin's *The Fire Next Time* as an influence on *Between the World and Me*. Both books are letters, Coates' to his son and Baldwin's to his nephew, but

both have a larger audience. What is similar and different in the experiences the two books written 52 years apart describe? What challenges do these writers present to readers? How do the books relate to current events and to Plymouth's work on racial justice?

Joan Thompson, Ph.D., is a retired American Literature and Composition Professor with a focus on American Multicultural Literature. **Seth Patterson, MFA & MDiv**, is Director of Spiritual Formation and Theater; liaison to the Racial Justice Initiative.

Book Study: *Almost Everything: Notes on Hope*

by **Anne Lamott**

Beth A. Faeth

10:00–11:30 a.m. or 6:30–8:00 pm, Thursdays, March 28,

April 4 & April 11

Free; please register

Anne Lamott is a contemporary author, progressive political activist and teacher. Using humor and her own experience, she writes about things people find it difficult to talk about. In her newest book, *Almost Everything: Notes on Hope*, Lamott calls us to “rediscover the nuggets of hope and wisdom buried within us that can make life sweeter than we ever imagined.” Join this conversation as we rediscover hope in our hurting world.

Retreat: Men Being Better

John Bennett

4:30 p.m., Friday, April 5 through 4 p.m., Saturday, April 6

Off-site; \$106 double-occupancy; please register.

Explore power and spiritual loneliness, which can lead men away from relationship and support. Consider how we Plymouth men can follow the #MeToo movement and #TimesUp advocates toward positive relationships. Retreat will be based on perspectives from the book *Echo of the Soul—The Sacredness of the Human Body* by J. Phillip Newell.

Flower Arranging as a Spiritual Practice

Janeen Rae

9 a.m. to 12 noon, Saturday, April 6

Free; limited to 12, so please register.

Participants must purchase and bring a small batch of flowers, plus clippers, floral containers and a box for carrying arrangements home.

Metaphors of flowers and their many uses in spiritual practices will be discussed. The creative process of experiencing flowers as a spiritual practice will be experienced through guided meditations, hands-on flower arranging and readings. Basic flower preparation, selection, and simple Japanese-style arrangement will be explained and demonstrated. Participants will experience various guided meditations with flowers and will create their own arrangements with guidance and assistance.

Contemplative Practice Retreat

Daniel Wolpert

4:30 p.m., Friday, May 3 until time TBD on Saturday, May 4

The ARC Retreat Center, Stanchfield, Minn.

\$150/person; \$30 less for double rooms; please register.

Participants will begin to deepen their experience with several spiritual practices. We will learn from Dan and from each other. We will practice contemplation, share and enter into periods of silence. The retreat includes four nutritious meals and overnight lodging in double occupancy rooms.

Pilgrimage to Chartres Cathedral

Paula Northwood and M. J. McGregor

May 8–10

\$2,600 (does not include transportation to France), deposit of \$500 is requested; full payment is due by March 31.

Paula and M. J. will lead a small band of those wishing to experience this magnificent cathedral and its medieval stone labyrinth. In the midst of a decades-long refurbishing project, Chartres Cathedral's interior is being cleaned and returned to its Middle Ages splendor. We will visit the depths and heights of the cathedral, from the crypt to the roof. Optional walks include

meandering along the pilgrimage path of the Eure River and a pilgrimage walk from the ancient quarry, traversing fields with glimpses of the cathedral on the horizon.

Ongoing Spiritual Practices

Meditation, 10—11 a.m., Sundays, Chapel. No charge. No registration. Join this ancient Christian spiritual practice, which includes three parts: opening meditation, walking meditation and closing meditation. Leader **Diane Boruff** is commissioned by Contemplative Outreach International.

Meditation, 9:00—9:30 a.m., Tuesdays, Chapel. No charge; no registration. Led by members of Plymouth’s ministerial team.

Conversations from the Heart Compassionate

Communication Practice Group meets at 10 a.m., Wednesdays, weekly. \$10–\$25 donation suggested. No registration.

“Nonviolent/compassionate communication helped me learn to sit with difficult emotions, to approach myself and others with compassion and understanding and to connect to the human needs underlying all human actions,” says teacher Yvette Erasmus, Psy.D. All levels welcome.

Spiritual Yoga, Ben Lee. 6:45–8:00 p.m. Wednesdays (except holidays), One Groveland. \$10. No registration.

Have you ever wanted to touch your toes? Do you often feel tension in your neck or shoulders? Ever wonder what yoga is all about? This fun and exciting class will leave you feeling stronger, calmer and more flexible. Ben Lee has been studying and practicing yoga since 1994 and teaching since 2001.

Published Jan. 10, 2019

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