

Anglican Spiritual Practices: A Lenten Program

Wednesday evenings in Lent, beginning March 16.

A refresher for those familiar with practices, an orientation for those new to Trinity Parish. A perfect Lenten opportunity to discover and nurture practices that feed you while also trying on practices that may challenge you and stretch you.

What if I've done this before? You'll probably find it useful to do this program each year. The course is based on broad categories of spiritual practice that you may have worked with in the past. A yearly time of reflection on our spiritual life is helpful for most of us. This does that. It also may help you consider changes in your spiritual life that will better serve you and the world you serve. The leaders vary the specifics each year so you're also exposed to something new each time.

This is an opportunity to go into more depth around your spiritual life than is the norm in most parish programs.

- Assess your spiritual life
- Learn about a system of spiritual practice, grounded in the tradition, rather than a piece-meal or smorgasbord approach
- Experiment with ancient and traditional practices to serve life in a modern world
- Develop or refine your own spiritual discipline

The program is a mix of presentation, discussion and experiential activities. Participants are asked to complete some readings and to experiment with spiritual practices during and in between sessions. It is appropriate for both newcomers and for longer-term members and is an important vehicle for adult spiritual development.

Wednesdays

5:30 p.m. Holy Eucharist

6:00 to 7:45 p.m. Class

Dates

March 16 Overview; Weekly Spiritual Practice: Holy Eucharist

Advance reading: Introduction, Chapters 1 & 2 *In Your Holy Spirit: Traditional Spiritual Practices in Today's Christian Life*

March 23 Daily Spiritual Practice: The Prayers of the Church

Advance reading: Chapter 3

March 30 Integrating Practice: Reflection

Advance reading: Chapter 4

April 6 Integrating Practice: Community

Advance reading: Chapter 5

April 13 Service

Advance reading: Chapter 6

April 20 Maintaining & Changing Our Spiritual Practice

Advance reading: Chapter 7

Leaders



Michelle Heyne and Fr. Bob Gallagher are the primary class leaders. Bob is an Associate Priest at Trinity and has taught Anglican Spirituality at Bangor Seminary in Maine and at various parishes. He has developed an approach to congregational development rooted in Anglican spirituality. Michelle is a member of Trinity and has spent the last several years focused on the integration of spiritual and secular life. Michelle and Bob are the founders of [Shaping the Parish](#).

Readings

In Your Holy Spirit: Traditional Spiritual Practices in Today's Christian Life, Michelle Heyne, Ascension Press, 2011. There are also copies available in the parish office for \$13.95. You may also order them from the Episcopal Bookstore.

Register

Sign up sheets are available in the rear of the church and in the parish hall. You may also e-mail or call Michelle at 206.818.3474 or michelleheyne@gmail.com

Pastoral Theology

This program is grounded in Anglicanism's traditional approach to Christian formation. There is a concern for the development of the individual Christian alongside the understanding that individual development always takes place as part of the Body of Christ.

For the individual there are the three threads:

- *Ancient practices for a contemporary life* - This isn't make-it-up-spirituality. It is rooted in what has served God's people over time.
- *Adult* - C.S. Lewis spoke of how Anglicanism was the most adult of Christian traditions. There is a need to accept responsibility for our own spiritual life as a member of the Body of Christ.
- *Experiment* - The way ancient practice is made useful for modern life is by us experimenting with our own practice. The way we learn what "works" for us is through experimenting. The way we will be best nurtured and stretched is through experimenting.

For the parish there is a stance grounded in an understanding of how the Body of Christ becomes healthy:

- *Serve life* - The parish can serve your longing for more depth and grounding in life. The parish can offer you the training and coaching needed for a spirituality that is balanced and has integrity.
- *Work with those ready to work* - The formation of a parish is primarily done by assisting those ready to grow to do so. This is a pastoral strategy of parish revitalization that takes place over the years. Those with a more apostolic practice have an opportunity for renewal. Those ready to go deeper have a chance to test new ways. There are other legitimate formation offerings more directed at a broader group in the parish. The total parish offering recognizes both a diversity of spiritual needs and levels of growth.
- *An energy not its own* - "The Church (it was early decided) was not an organization of sinless men but of sinful, not a union of adepts but of less than neophytes, not illuminati but of those that sat in darkness. Nevertheless, it carried within it an energy not its own, and it knew what it believed about that energy." -Charles Williams
- *Power from the center* - In *Pastoral Theology: A Reorientation* Martin Thornton presented his understanding of the parish church as the Body of Christ. He noted that the parish church was "the complete Body in microcosm." He also observed the spiritual dynamic "in which power from the center pervades the whole." God makes use of the holiness and love of those more proficient in prayer and spiritual practice to serve the whole parish. By their life and prayer the whole Body is built up.