



“Living From The Heart”
Course Schedule

Living from the Heart offers a learning community that invites participants to deepen their contemplative experience with God. Biblically, the heart is the very core of life out of which intellect, emotions, and intentions flow. Opening to God’s heart of love with our whole heart, including our broken places, and learning to receive God’s love brings a healing integration within and frees us to offer our lives in loving compassion and attentive companionship to others.

Modules	Description	2010 Dates
Module 1: Way of the Heart	Reflecting on writings from saints of the past and present plus our own spiritual journeys we will discover living out our faith in Jesus Christ as a “theology of the heart.”	Sessions 1.1 & 1.2: January 15-16 (retreat) Session 1.3: February 27
Module 2: Spiritual Formation	Look at the Biblical basis for spiritual formation and the rhythms and themes of contemplative living that care for and help one’s soul to thrive	Session 2.1: February 27 Session 2.2: March 27 Session 2.3: April 24
Module 3: Prayer	Explore prayer as the whole experience of life in the presence of God and an essential component to growing a receptive and attentive presence	Session 3.1: May 15 Session 3.2: June 26 Session 3.3: July 24
Module 4: Spiritual Listening	This is the art of listening with the heart to the Spirit of God within us as well as through the stories of fellow travelers	Session 4.1: September 25 Session 4.2: October 23 Session 4.3: November 20