

CELEBRATING 25 YEARS OF DEEP LISTENING AT CRANALEITH SPIRITUAL CENTER

"Listening is the oldest and perhaps the most powerful tool of healing. It is often through the quality of our listening and not the wisdom of our words that we are able to effect the most profound changes in the people around us. When we listen, we offer with our attention an opportunity for wholeness... And in the silence of listening, you can know yourself in everyone. Eventually you may be able to hear, in everyone and beyond everyone, the unseen singing softly to itself and to you."

from Kitchen Table Wisdom by **Rachel Naomi Remen**

For twenty-five years, Cranaleith Spiritual Center has been a place where people come away and listen. They may hear the spirit within them... in the song of nature... in each other's true voice... or in the still, small whisper of God. Out of the silence, out of the depths, renewal springs; respect and creative ideas arise. This deep listening inspires people to make the world a more merciful place.

We look forward to continuing this tradition through this anniversary year. We invite you to explore the practice of deep listening by attending one or more of these opportunities in the first half of our anniversary year (July-December 2023):

To the Voice Within Us

- *Discovering Gold: A Day of Deep Listening to Our Memories* with Maria DiBello, RSM, Friday, July 7
- *Inspiration and Intimacy in the Psalms*, with Bernadette Rudolph, Mondays, July 10, 17, 24, 31
- *If These Walls Could Talk: 25th Anniversary Storytelling and Photos* with Cranaleith's founders and you! An afternoon of storytelling and remembering about the history of Cranaleith, Sunday, August 6
- *Silent Directed Overnight Retreats*, August 11-12, October 27-28 and December 15-16
- *Zen and Contemplative Prayer (online)* with Ellen Birx, Tuesday, September 12
- *Spiritual Cataracts and New Horizons: The Holy Ideas of the Enneagram* with Nicholas Collura, four-part series, Mondays, Sept 18, 25 and Oct. 2, 9



To the Impact of Climate Change and the Spirituality of Active Hope

- *Ancestry and Eco-Spirituality* with Nicholas Collura Saturday, July 15
- *Lamenting for/with the Earth* with Alison Cornish, Saturday, October 14
- *Advent Series*, presenter, TBD, four-part series

To the Pain of Racism and the Inspiration of Love

- *Crossroads: The Intersection of Racism and Spirituality*, a free series of podcasts starting in July
- *The Time to Heal Is Now: Dialogue on Anti-Racism* with Toni Reaves and Bernadette Rudolph, Saturday, August 19
- *Black Lives Matter: Art Exhibit and Artist Talk* with Helen David Brancato, IHM, September 13

To the Voices of Women and Their Songs of Hope

- *Women's Leadership in the Church* with Rev. Phaedra Blocker, September 29-30

To the Sorrow of Violence and the Call to Peace

- *The Fragrance of Forgiveness: A Retreat Day for Women Veterans* with Maria DiBello, RSM, Saturday, August 26
- *Retreat Day for Women Veterans*, Saturday, November 18
- *Community Clergy Training Workshop* with Rev. Chris Antal, Rev. Scott Hutchinson and Dr. Kelly Denton-Borhaug, Dec. 7-8

To the Longing of Migrants for Justice and Dignity

- *Change and Immigration: An Art Reflection* with Mandy Carrier, RSM, Wednesday, July 26
- *The Tenement Series: Art Exhibit and Artist Talk* with Gail Morrison-Hall, Oct. 18

To the Sorrow of Loneliness and the Dream of Community

- *How to Become a Synodal Parish: Context and Practices*, step one in a process for building a Spirit-led community where all are respected, w/ Maureen O'Connell & Bernadette Rudolph, Saturday, Sept 9
- *Empathy and Healing: Growing Spiritually amidst Physical Illness* with Kei Okada, Tuesday, August 29



Prayer of Deep Listening

*In this century and in any century,
our deepest hope, our most tender prayer,
is that we learn to listen.*

*May we listen to one another in openness and mercy,
and listen to plants and animals in wonder and respect;*

*May we listen to our hearts in love and forgiveness
and listen to our deep spirit in quietness and awe.*

*And in this listening, which is boundless in its beauty,
May we find the wisdom to cooperate with a healing spirit,
a divine spirit, who beckons us into peace and community and creativity.*

We do not ask for a perfect world.

But we do ask for a better world.

We ask for deep listening.

Jay McDaniel

