



Whale Spouts

*inspiration & information
to nurture spiritual vitality in everyday living*

A monthly newsletter of Belly of the Whale
Spiritual Direction & Retreat Ministries LLC
September 2014

*You are cordially invited to a celebration of
our new ministry & office space.*

Belly of the Whale Ministries

Open House & Dedication

**Sunday, September 14
12:30-3:00**

*University Circle United Methodist Church
1919 East 107th Street
Cleveland OH 44106
Free parking available.*

*Learn more about upcoming events
& special offers.*

*Enjoy healthy snacks, lots of chocolate
& special live music.*

*Come early for UCUMC Rally Day Worship
& Picnic beginning at 11:00.*

**Join us in person or in prayer
as we bless this space
with our collective presence.**

Our mission

is to nurture spiritual vitality
in everyday living through
personal spiritual direction
& small group retreats.

Our name

is a reminder that, just as Jonah
encountered God in the
“belly of the whale,”
we also long for
a safe space
to encounter God –
space where we can
express our spiritual longings,
ask the challenging questions and
nurture a genuine relationship with God.

Spiritual Direction and Spiritual Formation Retreats

provide just this sort of safe space
-amidst our often stormy and busy lives-
to nurture a deeper and more meaningful
relationship with God.



www.bellyofthewhaleministries.net
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216-224-7452



Whale Spouts



Fall into Spiritual Wellness

*To everything there is a season
and a time for every purpose under heaven.*

Ecclesiastes 3:1

It's hard to believe that the leaves are already beginning to change, but fall is indeed upon us. I love this season of crispy apples, crunching leaves and pumpkin pie. As you look ahead toward your own fall plans, consider how you might intentionally set aside some time to care for your spiritual wellness

This fall Belly of the Whale is offering several opportunities to "nurture spiritual vitality in everyday living." You are warmly invited to join us for any or all of the options listed in this newsletter. May our paths cross some day soon.

*Peace,
Sharon*

spiritual renewal retreats

Step away from the noise of daily demands
and into the sacred silence
of a quiet guided retreat.
* * *

Gift yourself with two full days of
solitude, rest and renewal.
* * *

Meet daily with a spiritual director
who will guide you
through meditation, prayer & discernment
of the still small voice deep within.
* * *

Return to your daily routine
refreshed, revitalized and reassured of
God's ongoing presence
in all that you do.

October 6-7, 2014
or
October 22-23, 2014

Location: River's Edge Retreat Center
Cleveland, Ohio

Time: Day 1 – 9:00 am arrival
Day 2 – 4:30 pm departure

Cost: \$125 (includes lodging, meals &
daily spiritual direction)

Space is limited to only 10 participants
per session so register early.

creative pray-dates

(prayer workshops)

Enjoy one or all of these workshops
and open your spirit to
new, creative ways of praying.
* * *

Enjoy hands-on prayer activities
that you will make and take.
* * *

Gather with a small group of others
who enjoy creativity and prayer.
* * *

Gift yourself with an opportunity
to experience God's presence
in new and dynamic ways.

Oct. 5 - Spiritual Journaling
Nov. 2 – Pottery
Dec. 7 – Prayer Beads

Location: Belly of the Whale Office
@ University Circle UMC

Time: 1:00 - 3:00pm

Cost: \$20/session or \$50/all three

Space is limited to only 10 participants
per session so register early.

See our website for more details.

To register, call 216-224-7452 or send an email to spiritualdirection@att.net

spiritual direction

A few years ago I was feeling rather spiritually parched and began wondering what might bring some life back into my dry bones. I sensed that I was being gently nudged toward spiritual direction even though I wasn't entirely sure what that meant. Curious, I started to meet regularly with a spiritual director - full of the modest hope that my spiritual life would be completely transformed.

I tried to get into a prayer routine, any routine, but everything else got in the way - chauffeuring kids, laundry, homework, walking the dog, email, candy-crush. Finding dedicated prayer time was beginning to feel like just one more thing on my "to-do" list. This was not exactly the transformation that I had in mind.

My wise and gracious spiritual director offered these helpful words, "Sharon, be patient with yourself. When you discover a way to pray that truly feeds your soul, you will hunger for it, and it will sustain you rather than burden you."

"True..." I thought, "but can this ever really happen in our crazy, busy lives?"

Frustrated, but still longing for spiritual renewal, I continued to explore different times and ways to pray. Then, I stumbled across St. Ignatius' reminder to "find God in all things." I began to see prayer not only as time set apart from my daily activities, but as an organic part of them. Slowly I began to unwrap the gift of prayer as a deeply integrated part of my everyday life. Day by day, prayer has indeed become a source of sustenance, a cup of fresh water for my thirsty soul.

The dry bones of my spirit are coming back to life. Some days these old bones even feel like dancing! I am grateful for the time spent with my spiritual director who helps me keep my focus right where I want it to be - on seeing God more clearly, loving God more dearly and following God more nearly, day by day.

Listen to yourself and in that quietude
you might hear the voice of God.

Maya Angelou