WORKSHOPS

Harnessing the Power of Three: The Trinity as Skilful Means

Cynthia Bourgeault asks us to take a look at the formula of Father, Son, and Holy Spirit as though we're looking at it for the first time. She finds in the idea of the Holy Trinity a striking vision of the nature of reality. What she claims is that, embedded within this formula, is a powerful metaphysical principle that could change our understanding of Christianity and give us the tools needed to reunite our shattered cosmic body, rekindle our visionary imagination, and cooperate consciously with the manifestation of Jesus's “Kingdom of Heaven” here on earth. She looks to the bausity of Christian theology, to her own years of contemplative practice, and to the ideas of G. I. Gurdjieff. “I will do my best to make the ride as smooth as possible,” she says, “but in the end, my commitment is to getting there, because I know beyond all personal doubt that there is indeed a ham radio concealed inside this Trinitarian tea cupboard. And in the midst of this long winter of our Christian discontent, when spiritual imagination and boldness are at an ebb and the church itself hudders at the edge of demise for lack of an animating vision, perhaps now more than ever the time is ripe to remove the packing boards from this tea cupboard and release its contents.”

Our Keynote Speaker

Modern day mystic, Episcopal priest, writer, and internationally known retreat leader, CYNTHIA BOURGEAULT divides her time between solitude at her seaside hermitage in Maine, and a demanding schedule traveling globally to teach and spread the message of Jesus and the Law of Three. She is the founding Director of the Aspen Wisdom School, the Institute for Ecumenical and Cultural Research at Holy Trinity and the Law of Three. She is a past Fellow of the Institute of Imagination, and an oblate of New Camaldoli Monastery in Big Sur, California.

Yoga and Spirituality

Yoga offers people a chance to integrate mind, body, and spirit into a practice that continues off the mat and into the way life is experienced. In this workshop we will experience several simple asanas (or postures), some pranayama (breathing) techniques and a short meditation. We will look at the intersection of yoga and Christianity and on how a simple practice can be utilized to develop and sustain one’s spiritual health. This workshop is open to all, no matter what level of experience.

Healing Prayer

We were created to help one another receive God’s unlimited love, and the world needs our prayers. In this experiential workshop we will learn and practice intimate ways to pray for one another and the world. All of us will be recipients of the healing prayers of others. Come experience God’s healing power flowing through you. No special gifts or prior experience necessary.

The Spiritual Wisdom of Early Friends in Plainsong

Paulette Meier selected quotations from the spiritual writings of early Quaker leaders and set them to plainsong melodies, as a way to memorize and internalize the words, in her recording Timeless Quaker Wisdom in Plainsong. The resulting collection serves to enliven and enlighten modern Friends (and those not familiar with Quakers) to the radical, mystical understanding of Christianity that the 17th century founders of the Quaker way experienced. In this workshop, Paulette will share and teach many of these “song-chants,” providing brief commentary in between the singing. The hope is that participants will come prepared to sing and to build harmony, as the Spirit moves!

THE CONTEMPLATIVE ABSORPTIONS

Drawing on Teresa of Avila’s Interior Castle, the Buddhist jhanas, and apocalyptic Quaker thought, this workshop will explore the contemplative absorptions in which the heart-mind is absorbed into the Light. We will begin by locating the absorptions within the broad frame of kentic spiritual practices. We will then work with the one-pointed practice of upacara-samadhi or “access concentration” in which the mind is temporarily freed of self-consuming. Our overall goal will be to feel into what Teresa meant when she said: “There is a self-forgetfulness which is so complete that it really seems as though the soul no longer exists…”

THE CONTEMPLATIVE ABSORPTIONS

Join our keynote presenter, Cynthia Bourgeault, in this workshop which will explore Centering Prayer with a particular eye to these points of resonance (both theological and practical) with the Quaker tradition of silence. Hands on experience with this form of meditation will be augmented by reflection and dialogue, augmented by Paulette Meier’s extraordinary recent album Timeless Quaker Wisdom in Plainsong.

CREATING A NEW STORY, REDEFINING OURSELETHROUGH ART COLLAGE

The story of our lives begins to be written from the moment we are born. Words are often attached to us by family and friends, which shape our story before we have the chance to write it ourselves. In this workshop, we will explore our past and current stories, as well as begin to write new stories, through journaling and art collage. Participants are encouraged to bring a 4x6 or 5x7 photo of themselves, of any age, that they are willing to alter on their collage. A photocopy of a photo will work just fine. All other supplies will be provided.

Our Keynote Speaker

Mandy Ford is the Director of External Relations at ESR. A 2001 graduate of Indiana University East, she is an artist, published crafter and professional blogger. Blending art and writing is one of her passions, as well as being mom to her 7-year-old twin boys.

Deja Vu: Centering Prayer and the Great Quaker Tradition

Join our keynote presenter, Cynthia Bourgeault, in this workshop which will explore Centering Prayer with a particular eye to these points of resonance (both theological and practical) with the Quaker tradition of silence. Hands on experience with this form of meditation will be augmented by reflection and dialogue, augmented by Paulette Meier’s extraordinary recent album Timeless Quaker Wisdom in Plainsong.

The Contemplative Absorptions

Drawing on Teresa of Avila’s Interior Castle, the Buddhist jhanas, and apocalyptic Quaker thought, this workshop will explore the contemplative absorptions in which the heart-mind is absorbed into the Light. We will begin by locating the absorptions within the broad frame of kentic spiritual practices. We will then work with the one-pointed practice of upacara-samadhi or “access concentration” in which the mind is temporarily freed of self-consuming. Our overall goal will be to feel into what Teresa meant when she said: “There is a self-forgetfulness which is so complete that it really seems as though the soul no longer exists…”

THE CONTEMPLATIVE ABSORPTIONS

John March is a member of Durham Friends Meeting in Durham, NC, and the Practice Community at Southern Dharma, a lay-monastic Buddhist practice center near Asheville, NC. A Friend since the late 60’s and recently retired as Professor of Psychiatry at Duke University Medical Center, he has spent close to two years on silent retreat in Buddhist and Christian traditions, and has undertaken formal training in the contemplative absorptions.

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Paulette Meier has led workshops at retreat centers and Quaker meetings around the country. While serving as the resident Quaker Studies teacher at Pendle Hill, she often facilitated the weekly meeting for prayer and healing. Her pamphlet Holding One Another in the Light is about intercessory prayer. She was ESR’s 2013 Mullen Writing Fellow and is completing a book about the transformative Quaker spiritual journey. Her blog, A Whole Heart, is at http://awholeheart.com.

Paulette Meier is at http://awholeheart.com.
**TO REACH EARLHAM SCHOOL OF RELIGION:**

Approach Richmond via Interstate 70; exit at Williamsburg Pike south, merging after about a mile into Northwest 5th Street. Follow Northwest 5th Street to U.S. 40 (National Road West). Turn right and prepare to turn left one block later, at College Avenue. Turn left (south) on College Avenue. The ESR Center (stone building) sits on the southwest corner. To reach the parking lot, continue south on College Avenue to the first stop sign, turn right. Turn right again at the next stop sign and take the next right into the large parking lot.

**SCHEDULE OF EVENTS**

- **8:15 am** Registration & Breakfast
- **9:00 am** Worship
- **9:45 am** Keynote: *Harnessing the Power of Three: The Trinity as Skillful Means*  
  Cynthia Bourgeault
- **11:30 am** Lunch
- **1:00 pm** Workshop I
- **2:15 pm** Break
- **2:30 pm** Workshop II
- **3:45 pm** Break
- **4:00 pm** Closing gathering

**WORKSHOP ONE preference** (first & second choices)
- Deja Vu – Bourgeault
- Creating a New Story – Ford
- Yoga and Spirituality – Cleaver
- The Contemplative Absorptions – March
- The Spiritual Wisdom of Early Friends in Plainsong – Meier

**WORKSHOP TWO preference** (first & second choices)
- Deja Vu – Bourgeault
- Creating a New Story – Ford
- Yoga and Spirituality – Cleaver
- The Contemplative Absorptions – March
- The Spiritual Wisdom of Early Friends in Plainsong – Meier

**THE Power OF Three:**

*The Trinity as Skillful Means*

Cynthia Bourgeault

**MARCH 1, 2014**

**RICHMOND, INDIANA**

Featuring: Cynthia Bourgeault

**ESR SPIRITUALITY GATHERING**

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