

No matter
WHO you are or
where you are on your spiritual journey,
YOU are welcome

HERE.

Two of the ways to reflect on Mary and Martha

Luke 10:38-42The Message (MSG)

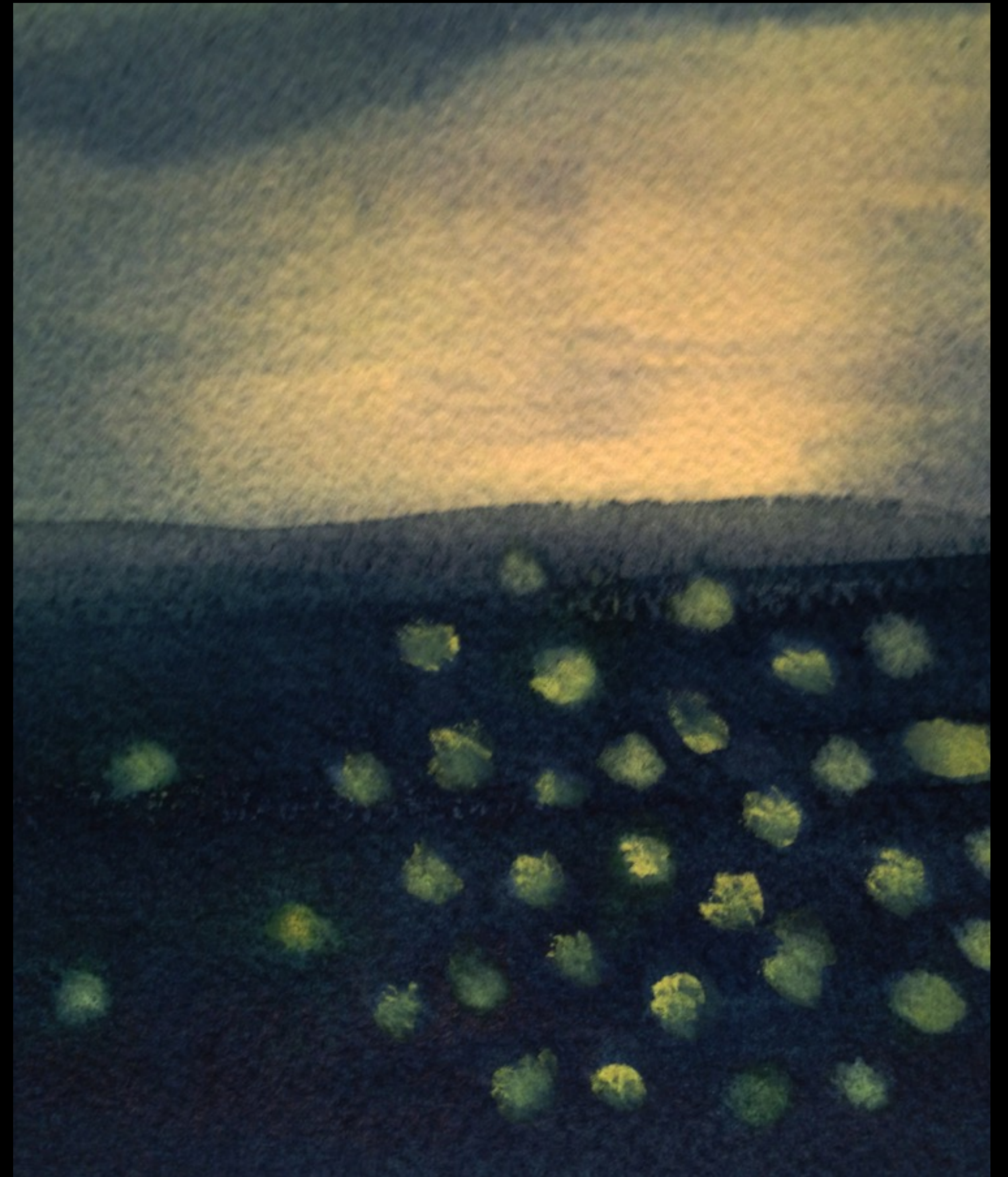
Mary and Martha

38-40 As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home. She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. “Master, don’t you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand.”

41-42 The Master said, “Martha, dear Martha, you’re fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it—it’s the main course, and won’t be taken from her.”



Focusing on who you are in the moment without distracting yourself by comparing yourself to others.



The more lost we are, the faster we
run.

As individuals and as a group, it
might appear that we are running
faster and faster from who we truly
are.

Who is willing to slow down and
look deeply enough to discover
who you are in God, no more, no
less?



It is difficult to connect with the subtle movements of the spirit with all this noise.



Parker Palmer and Frederick Buechner say that true vocation joins self and service. Vocation is “The place where your deep gladness meets the world’s deepest needs.”



“Why can’t a cutie mark just appear on our hip when we come of age and are ready to discover who we really are?

We may spend our entire lives wondering, seeking, and off track. I want to know what my special gift is now.”



Why are zombies so popular? Is
some transformed artist making fun
of us?

We are walking around half dead
gobbling up as many brains
(information) as we can.



I made a series of bad decisions
and I felt utterly trapped.

I was wandering around trying to
figure out how to put an end to it. I
stopped at this spot.



It was at this place and time that I
had a moment of transcendence.
That slice across my path.

Start over with me.
Take the next step with me



Who are you?

How do you 'know'?

Where do you find the clues?

Are there people in your life who help you discover this?

Are there people in your life who support you being this?



A Jungian analyst listened me into doing.
She helped me navigate carefully climbing
out of the hole I dug and dropped into.

Holly Ebel listened me into being. I learned
later, this was spiritual direction.

A friend Cathy took me through a self
discovery process. I became aware of who
I'd always been.

The study of NVC helped me discover the
variety of needs we share and gave me the
tools to evaluate how my decisions could
lead to wholeness.



I became more and more aware of a deep longing and stirring that wouldn't subside.

Discussions with Bill, Sherry, Gail, Judy LS, about sharing the tools that were bringing me to wholeness. I noticed a deep desire to bring these tools to others so they could discover tools before spinning out of control like I had.

Jana explained to me what a spiritual director is and does.

I immediately felt that intersection of my deepest gladness meets the world's deep need and off I went into a three year journey.



Once we find who we are and discover our path, how do we stay the course?

We practice, practice, practice.

We choose love over fear over and over and over and over again. The world doesn't stop putting us back in our old mold.



Sacred Mystery at work in our lives
self corrects. It is as if God is the
ultimate GPS system.

Recalculating route, recalculating
route, recalculating route.



How would it feel to stand in the
deep river of yes?



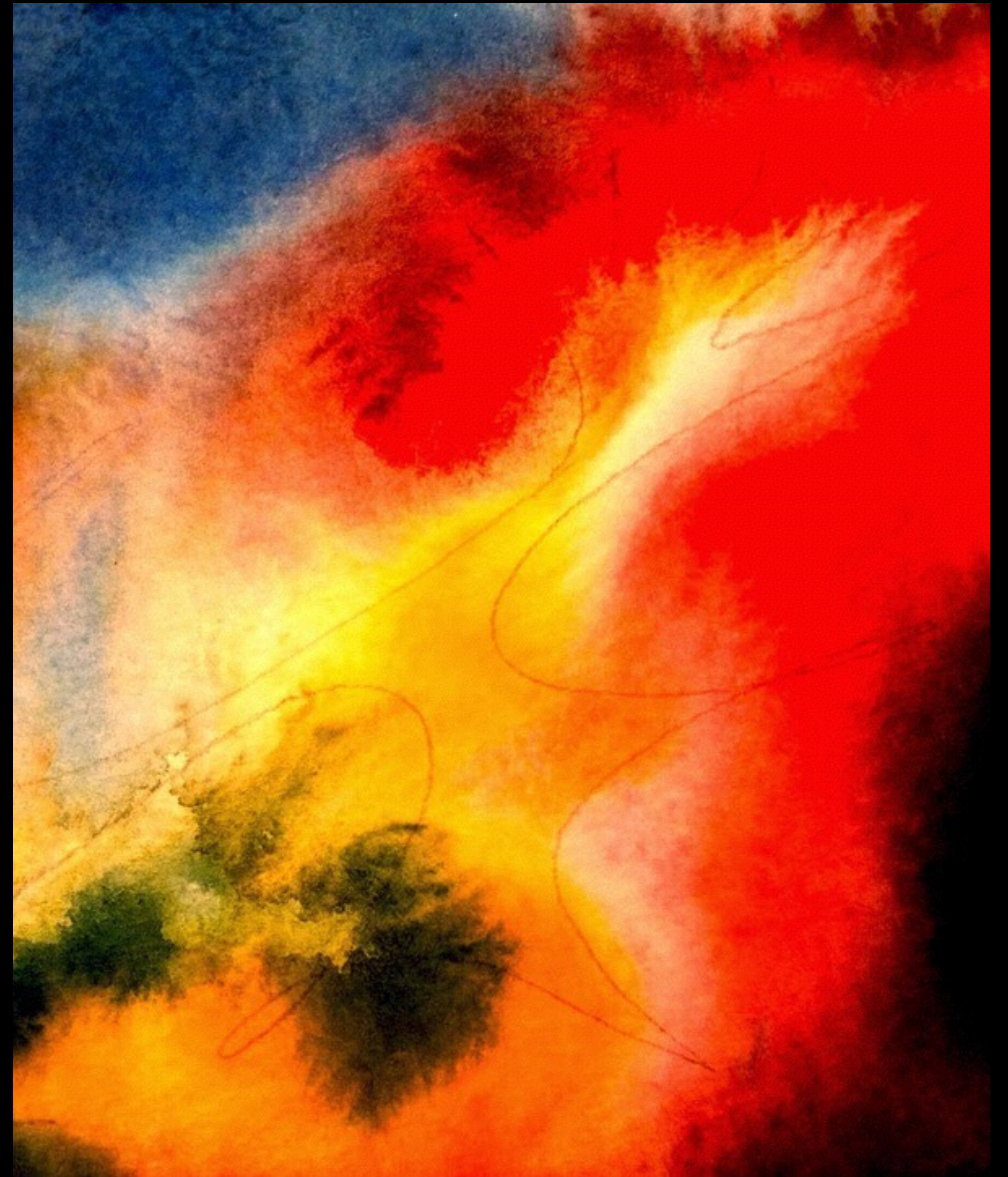
“Stop focusing on what you don’t want. Only focus on what you DO want.”



She asked me if I had gotten angry with God.

It had not occurred to me. We can take anything and everything to God. Even our anger at God. That night I did. It was cathartic.

I was left with the notion, "You are not alone. You are not small and you are not alone."



Ultimately, I was lead to be faithful
to my deepest longings.





HINES CENTER

FOR SPIRITUALITY AND PRAYER



The Bishop John E. Hines Center for Spirituality and Prayer seeks to facilitate knowledge of and relationship with God by nurturing the spirituality of Cathedral parishioners and those who live and work in downtown Houston through spiritual practices, prayer, and opportunities for both Christian and interfaith lecture and conversation.





program principles



My Story – My Story programs primarily focus on self awareness*, individual development, and self mastery.* They help participants meet their needs for meaning and purpose, creativity, well-being, balance, healing, self-compassion, self-connection, self-expression, peace of mind, etc.

Our Story – Our Story programs have a social and relational context. Programs have an emphasis on relationships, community, and social mastery.* They help participants meet their needs for empathy, interdependence, understanding, connection, being seen/heard, belonging, mutuality, cooperation, justice, support, etc.

The Story – The Story programs seek to move us beyond our individual and group awareness to the interconnected and universal truths. These offerings allow us to connect with God, with mystery, and expand beyond our world views to universal awareness.* They help participants meet their needs for transcendence, presence, unity, global equality, inspiration, evolution, harmony, celebration, mourning, gratitude, etc.

In order to do this work, I frequently have to remember that I am not small and I am not alone.

What are the deepest longings of your soul? What are your ego's messages? What is your unique identity in Sacred Mystery? How are you connecting deeply with others?



When we participate in spiritual practice together, when we meet with a Holy listener, a spiritual director, we are more likely to sense the divine nudges.

We walk back out in the river and we take our place again where the world flows with us and we touch wholeness and everything belongs.





fall programming

Family Yoga with Athea Davis

Back to School, Back to Balance

Sunday, 4:30p-5:30p September 13

Giving Love Away, The Ultimate Gift

Sunday, 4:30p-5:30p December 13

Mindful Self-Compassion with Gwen Brehm

The 8 Week Practice

Fridays 9am-12pm September 18 – November 6, 2015

Memoir Writing Workshop with Inprint

Three 9 week sessions September 20- November 19

Exploring Spiritual Practice

for 20s and 30s with Brooke Summers-Perry

Wednesday, September 23 6:30p-8:00p

Wednesday, October 28 6:30p-8:00p

Wednesday, November 25 6:30p-8:00p

Compassion Cultivation Training with Betty Adam

Tuesdays 6:45pm-8:45pm October 6 – November 24



upcoming programs

Workshops

Mindful Self-Compassion
Compassion Cultivation Training
Inprint Memoir Writing
Workshop
Personality Types (Enneagram)
Inner Music Journey
Cosmic Consciousness
SQ21 the 21 Life Skills of
Spiritual Intelligence
Creating Whole Life Balance
Mindfulness Based Stress
Reduction
Family Yoga
Culture Bump

Classes

Yoga
Tai Chi
Sacred Dance
Exploring Spiritual Practice
Emotional Intelligence
Joyful Parenting
Growing Through Grief and Loss
Laughter Yoga
Icon Writing
Sacred Art

Open Studios

Labyrinth
Prayer
Movement
Art

Socials

Kids4Peace Art Installation
Interfaith Dialogue
Music Studies
Film Studies
Authentic Relating Games
StoryCorps Conversations
Lunch and Learns that Feed the
Soul

Individual Consultations

Spiritual Direction
Program Advisory Sessions
Transformation Coaching
Somatic Coaching

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facilities

Lecture Hall / Labyrinth

Prayer Room

Movement Studio

Art Studio

Two Spiritual Direction Lounges

Two Conference Room

Restrooms with Showers

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You carry precious cargo
so watch your step.

