

*You desire truth
in the inward being;
therefore teach me
wisdom in my secret heart.*

Psalm 51:6

Dear friends,

In the 2016 Lenten season, I am partnering with Shalem Institute for Spiritual Formation (shalem.org) to offer a 6-session course with online components. The intent of our time together will be to respond to an inner yearning to see, listen and act more deeply from the spiritual heart.

The course will begin February 21 and end March 27, 2016, and you will be able to access the online material for two weeks after the course ends.

Each week, you will receive a Sunday email with a link to new course material online. You will be able to watch the video teachings and guided meditations as many times as you wish throughout the week from your computer here ever you are. There will also be opportunities for journaling personally and optional shared journaling online with the larger eCourse community. On Thursdays, you will receive an email to check-in around the course material from that week.

All online material is designed to support your daily practice, which is the most important component of the course. There is no homework, mandatory lessons, readings, or writing. Below is an overview of the topics covered each week:

- **Week 1:** Contemplative Grounding in the Heart
- **Week 2:** Living from the Heart, Ego, and Mind
- **Week 3:** From Where Do You See?
- **Week 4:** From Where Do You Listen?
- **Week 5:** From Where Do You Act?
- **Week 6:** Reflection and Feedback

Week 1 and 6 serve as introduction and closing, and weeks 2-5 include a video teaching and guided meditation by Tilden Edwards.

For further reflection on the spiritual heart, you may read Tilden's article, *From Where Do We See?* in Shalem's 2012 Annual Report (pg. 6) in our Resources section: http://www.shalem.org/files/publications/annual_reports/shalem_annual_report_11-12.pdf

As well as the online course, we will be meeting in person, I will create a private group for us to share together or individually.

Here are some questions that may help you discern the rightness of this course for you:

1. *Do you desire stimulation and support for deepening your spiritual life?*
2. *Do you wish to develop or deepen a consistent daily spiritual practice?*
3. *Do you desire to live more fully from the wisdom and compassion of your spiritual heart?*
4. *Are you seeking spiritual community with fellow seekers online?*

If these questions touch something that you are yearning for in your spiritual life, then join us for this time of refreshment and deepening in prayer.

With this partnership with Shalem, I am able to offer you this 6 week experience for 50 euros. Bishop Pierre offers financial support for those who may need it. This amount goes back to Shalem. My leadership is my gift to you.

If you want to join us, please send me an email and I can give you the bank transfer instructions. revclair@gmail.com The deadline for registration is Feb. 12, 2016.

Blessings,

Clair+