**CONTEMPLATIVE LIVING WITH THOMAS MERTON**

***“Contemplative living is a way of listening and***

***responding to our everyday experiences by consciously attending to our relationships with self, others, God, and all of nature”***

**The *Bridges to Contemplative Living* with Thomas Merton Series** gently leads participants on

 a journey toward individual spiritual transformation and, potentially, a more contemplative and

peace-filled way of life.

Meeting on the **Second Sunday of each month** this reflective group explores their own illusory

person in an endeavour to bring to the surface one’s own unique self. Time is spent in lone

reflection with the opportunity to surface real feelings and insights within a group

that is totally supportive and most respectful of the need for confidentiality,

Each month’s topic provides readings from Merton and other spiritual masters,

 incorporating time for dreaming or journaling and providing questions for small group dialogue.

The Booklets are revisited in sequence and remain as fresh for those exploring more deeply

a second or third time as they do on initial introduction.

Every session is self-contained and attendance may be a monthly commitment or a casual and infrequent opportunity. Merton Sundays can be deeply enriching for those of us who dare to search for and discover a depth of faith and hidden Spirit.

Conversation over a shared lunch for those who can stay adds a delightful close to a couple of hours spent meandering the spiritual path.

**Loraine Peach**

 

