Some Thoughts on Spiritual Wellness

I. Before Spiritual Wellness or any kind of wellness:

The reality of Grace

Two Biblical Texts: Jeremiah 29:11
John 10:10

II. Creating the Space: Some time each day – In the Quiet

Some Ignatian Tools

Ignatius Examen: 5 steps, 10 to 15 minutes

- 1. Be in the Presence
- 2. Prayer for Light
- 3. Be Grateful
- 4. Ask where have I encountered the Holy, the Good, the True, the Beautiful
 - a. Explore where/when have I overlooked Holy, Good, True, Beautiful
- 5. What shall I do to embrace the Holy, the Good, the True, the Beautiful

Contemplation, Living in the Moment, Ad Amorem – Finding God in all things

Be a Contemplative in Action

HANDOUT 1: 11 Strategies to Foster Spiritual Wellness – for the Unspiritual, from Emily Dickinson, The Without Hope Christians

III. A Spirituality at Work: Is it Possible? (Pierce)

Work: All the efforts, paid or unpaid, we exert to make the world a

better place, a little closer to the way God would have things

Spirituality of Work: A disciplined attempt to align ourselves and our environment

with God and to incarnate God's spirit in the world through all the effort (paid and unpaid) we exert to make the world a better place, a little

closer to the way God would have things.

HANDOUT 2: 10 Disciplines to Foster Wholeness

- IV. Another Perspective: A Spiritual of Work
 - a. Work and/in the Bible --- Creation Spirituality (Genesis)
 - i. After the Fall tentative struggle, by the sweat of your brow
 - **b.** Jesus of Nazareth and Work a tekton carpenter/stonemason
 - i. The 12 and others of his inner circle have "work" (e.g. Simon Peter and his brother Paul, Mary Magdalene)
 - ii. Leaving all behind to follow him expectation of end of the world
 - iii. He invites them to walk with him

- c. In Christian Hisotry: Medieval—separation
 - i. Monks and Nuns, Clergy Ora et Labora, the Work of God
- **d.** Reformation and Age of Enlightenment: Sanctify work
- **e.** Appearance of other "Vocations" in the world, secular
- f. Purpose of "Higher Education: we each have "vocation(s)"
- g. Classical/Foundational purpose of Christian Life: BD "To save my soul"
- h. Opportunities for Workplace Spirituality: With others "formal" and "shared"
 - i. Controversy
 - ii. Private
 - iii. Forums
 - iv. Appropriateness of Time and Place (Mission)
- i. Whatever it is we do: The Best "at" Work Spirituality
 - i. Leads to sense of Community, belonging, commonality of identity, connectedness
 - ii. Transformation "making the world a better place" each person can play a part

Bill Dolan's definition of Spirituality for a Workplace and Elsewhere

- 1. An awareness of and response to OTHER
- 2. Awareness of and response to OTHERS

Good luck - May you have Shelema, Shalom, Pax, Eirene -

The Fruit of Accepting God's Grace.