

I am very excited to expand our ' Ministry with Spirit '
 We are **JOYfully** calling it...

~ **SPIRIT JOY!** ~

~ **The Gathering of Community, through Shared Hearts,**
Where All are Welcome ~

(To gather & invite people to share their story
in their **ordinary everyday Sacred Spaces**)

**Many of these ways of sharing Spirit I have begun, but now with a
NEW perspective and a deepened experience of God With Us!**

....and many other things, well, are just simply,

BRAND NEW!

....As I am growing each and every day, as are YOU:)

Community Spirit Outreach where people "Move and have their Being"

***Informal Afternoon Backyard Community Gatherings** ~ BBQ's with Sing-a-Longs, Prayer Concerts, Q & A around Spirit, Food, Fun and Spontaneity!

***Offer Mini-Retreats** in Neighborhoods, Family Homes, Pubs, Cafés, Gyms etc, on their chosen topics (Gyms are the #1 gathering place now for young people to form spiritual community)

***Share a variety of Prayer Services** for Families "waiting" on Soccer, Baseball, Track, Football fields, Swimming pool sides, Dance ~ Gym ~ ~ Karate~Art~Music Studios, etc., any place where 2 or 3 are gathered for a community experience (as we know Sports and Studios are huge ones:)

***Create 'Live' Art Exhibits and Sharing's** on "What we have learned about Spirit through Painting God"? (maybe in our beautiful Meditation Garden or other Nature sights:)

***Join Musical Circles** (those formed or originate one with all ages) for varied Festivals, Coffee Houses and, also initiate some Farmer Market, Mall or Street Corner Gigs together!

- * **The Blessing of Being a “Guest Listener”** (not a Guest Speaker) on “Tender Topics” seeking Human Rights Equality around our unique giftedness of Gender, Race and Religion; listening for the Engaging Intersection and Empathetic Challenges that will bring forth our Sacred Unity through our Blessed Diversity, in a New Way!
- * **Dancing with our EarthMother**, and taking every opportunity to seek and activate her “Creation Regeneration”a peaceful, grateful, communal process of giving New energy and vigor to our beautiful planet, Earth, where we know Heaven resides, as well:)
- * **Seeking quality time with our valued unsheltered** children, women, men and families offering spiritual companionship, advocating where I can, singing, reading stories to the children, etc.
- * **Sharing faith with our beautiful LGBTQ+ Community**, who simply are seeking understanding, accep’dance 🥰 and the freedom to enjoy their inherent, essential and infinite birthright given by God. Going to join in on some of their Meet-up Hikes:)
- * **Join in conversations with our “People on the Spectrum” (Autism)** and listen and learn from their unique and amazing perspective, especially how they experience and explore God in their lives. I like to think of them as our awesome “Peeps with a NEW perspective”!
- * **Contribute to the “Art of the Incarcerated” ~” Faith and Hope Beyond Prison Walls”** by joining their Art Shows with my Art Prints and contributing 100% of the profits to PREP (Partnership for Re-Entry Program), which is celebrating their 20th anniversary this year!
- * **Join the Lay Maryknoll’s and their mission work in Peru ~** Their lives are centered around; spirituality, global vision, community and action, effecting positive change in our global community! (May take a little side hike to Patagonian Park, if able:)

 **All of these Community Gatherings give us an **AWE**some and **AMAZING** connection to remember that we are **ALL** God-Made!**

SPIRIT JOY Sessions and Series (from 4-8 weeks) on Zoom or Person:

***Scripture Companionship with the Aramaic Jesus ~**

We are 4 translations away from Jesus's native Aramaic tongue (Aramaic went to Greek to Latin to German to English, and as we know by translating into other languages, meanings can differ)

***Celebrating the Divine Feminine** Always in All-Ways; the feminine is always present, the Mothering God that nurtures us well. (The Aramaic celebrates equally the union of feminine and masculine with JOY)

***Co-Create the 7 Simple Beatitudes** for Community Loving, Living and Learning (in our families, friend communities, global, etc.)

***Coming to know how 'Breathing for Healing' invites us to 'Praying Unceasingly'** St. Paul invites us all to pray unceasingly, so we know it is possible!

*** 'ING is a word for God in Celtic, let us experience God as a "Verb'** God always has got our backs, always ing'ing right behind us and always beING with and lovING us. Living by 'verbs' and not by 'nouns' can bring such peace to our body, heart and soul!

***Exploring and Living ~The Christ Way of Unconditional Forgiveness** of inviting mistakes to become empowered learnings with emphasis on self-loving and forgiving.

***Explore "Kything" the Art of Spiritual Presence ~**

The 'spirit-to-spirit' communion between the loving presence of you and another person (even when not present), which can bring about a deep sense of peace, serenity, closeness and joy.

***Growing in our Spirituality and the Essence of our Personality ~**

The Enneagram, the 34 Clifton Strengths Inventory, St. Catherine of Siena Gifts Inventory, The Five Love Languages/Five Apologies (I am certified in all)

Shaping New Prayer Circles of Worshiping and Sharing:

***Offer Spiritual Direction~companioning one on their spiritual journey~** one on one 'and, also, with couples, partners, children, families, and beyond! (I am a certified Spiritual Director 1997)

***Sharing T'ai Chi Chih, a Spiritual Meditation of 'Joy Thru Movement'**

A moving Spiritual meditation comprising of 19 repetitive moves increasing health, wellness and peace. (Originated by Justin Stone in 1974)

***Invite a sharing group on the creative ways of Kairos and Chronos**

time ~ How to live in Kairos time, the Eternal Now, while expressing oneself in 'Chronos Time, our linear, agenda clock time.'

***Praying with Inner Stillness" ...for those who can't sit still:)**

Here are a few: Journaling, Action Prayer, Walking prayer, Gentle Sway to Dancing, The Labyrinth, Artistic and Musical prayer, etc.

*** Gathering to pray and share "Joining God in the Heart of Other" .**

This powerful prayer is *specifically for personal, communal, family and global community healing where Forgiveness and Reconciliation just seem impossible! One of the most powerful prayers I have ever experienced!*

*** Participate in Live Inter-Faith Worship** with shared ecumenical learnings!

*** With others, initiate 'Spirit Joy Video Podcasts'** on Global Community with the Cosmic Consciousness of creating faith sharing groups for continued growing in our Planetary/Inter-Galactic ONEness...

***Join a Prayer Faith Sharing Group**, whichever Inter-Faith community Spirit may lead me to:)

Just for Fun, Laughter, Learning and Balanced Leisure Living:

*** Learning something NEW each day and doing some little fun thing, like learning the Angelish Language** (the ways Angels speak English ex. ***DNA** is our Dynamic Natural Awesomeness. ***Compassion ~ Come, give a Pass, and Shun no one, *Realize ~ use your Real Eyes to see the God** within yourself and others and come with ***Belief and Be~in~relief:**)

*** Learn and engage in Improvisation with a spiritual twist** ~ I have always loved to join in on the Spontaneity of God's humor and think it would be fun to do with others:) Yes, the Last Nun standing!

***Explore more of my French-Canadian roots as members of the Indigenous Mi'kmaq (Micmac) Clan** part of the Algonquian-speaking tribes. I do know my great-great Grandfather settled on Sable Island, SE of Halifax, Nova Scotia, and raised horses, my relatives tell stories that he was a renowned horse whisperer. Today, Sable Island is a National Park Reserve, and one can only go with granted permission...I hope I will be one of them some day:)

***See the sunny day and bright starry night skies of Australia** and meet the beautiful people of that Land with gratitude and joy of new learnings!

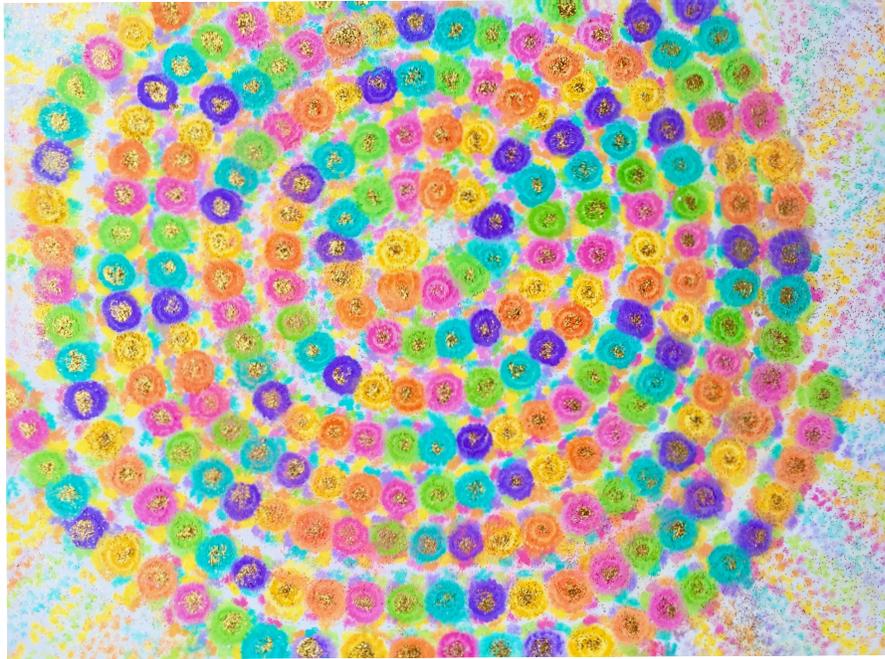
***Play drums in a park** with a group of spirited people!

***Learn to play Golf, join a cycling team and a hiking club, and.....**

***Continue my Sabbatical experiences** for my renewal, rest, relaxation, continued personal learning, growing and glowing...and to see what other "NEW" Spirit would like to bring along...

I guess, I got a little, well, a lot carried away, as I was inspired to new things along the way, that's Spirit for you! I will just call them **ATA's** "Awesome Transformational Affirmations" for the next 39 years 😊

P.S. Let me know if any of these sound like something you would like to hitch your star to! **My new email is SpiritJoyUs@gmail.com**



An Original Oil Painting called "SPIRIT PLAY... aka Polka Dots:)"
....She will be our Logo!

